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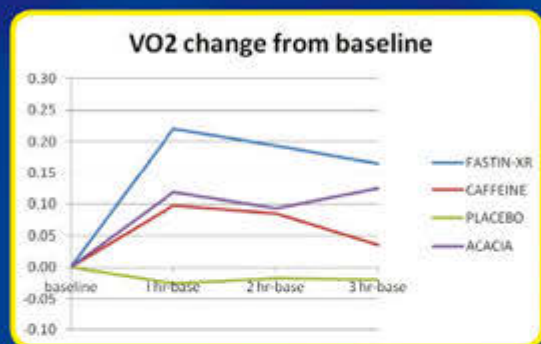
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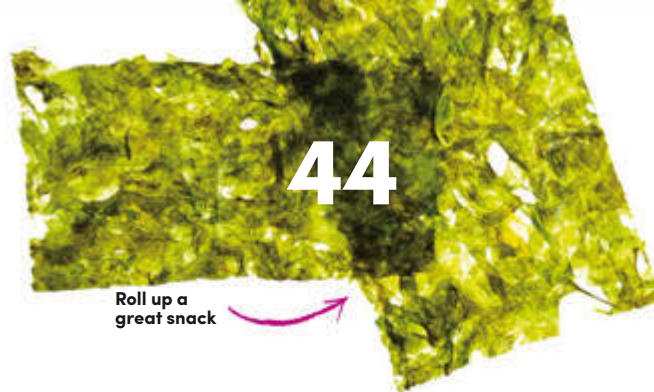


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Go to our website for up-to-the-minute news on health and fitness, plus all the training and nutrition info you crave! Here's a small taste of what we have in cyberspace in April.

#OxygenExhale

What is your fitness inspiration? Whether it's your favorite workout, a run through the neighborhood or your yoga mat, we want to see what inspires you. Share it with us on Instagram or Tweet us using the hashtag **#oxygenexhale** and your photo could be featured in an upcoming issue of Oxygen!

Cover girl bonus!

Check out our bonus article featuring 2014 Bikini Olympia champion and Oxygen cover model Ashley Kaltwasser. She shares her top nutrition tips for lean abs and tight glutes.

trending online

➔ **On Instagram:** April is National Stress Awareness Month. How do you beat stress? Do you hit the gym? Meditate? Or do you have another method for keeping calm? Share photos of your favorite stress buster using the hashtags **#oxygen** and **#stressbusters** and we'll feature it on our website!

➔ **On Pinterest:** Looking for a new workout? Maybe you need some new recipes. Follow us on Pinterest for inspiration in the gym and the kitchen!

keep in touch
Tell us what you like about this issue and let us know what we can do better. Tag us in your posts @oxygenmag and you could be featured here!



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"After the birth of my son I decided to step out of my comfort zone and compete in a Figure Competition. I was immediately hooked! I loved the training, learning about nutrition, and the sense of accomplishment I felt watching my body transform and reach my goal of stepping on stage!

ISSA was a great fit for me! I had been working nights for many years prior to my certification and trained myself for competitions during the day. I needed something that would fit into my busy schedule and that would allow me to work at my own pace without spending 5 days a week in a classroom.

With my ISSA certification I have built my own online personal training and nutrition business for both competitors and the everyday woman wanting to learn how to live a healthier lifestyle. I feel extremely blessed and fortunate to have become a successful trainer and spread my passion for health and fitness to those around me."

—Shannon Petralito, ISSA CFT, SFN
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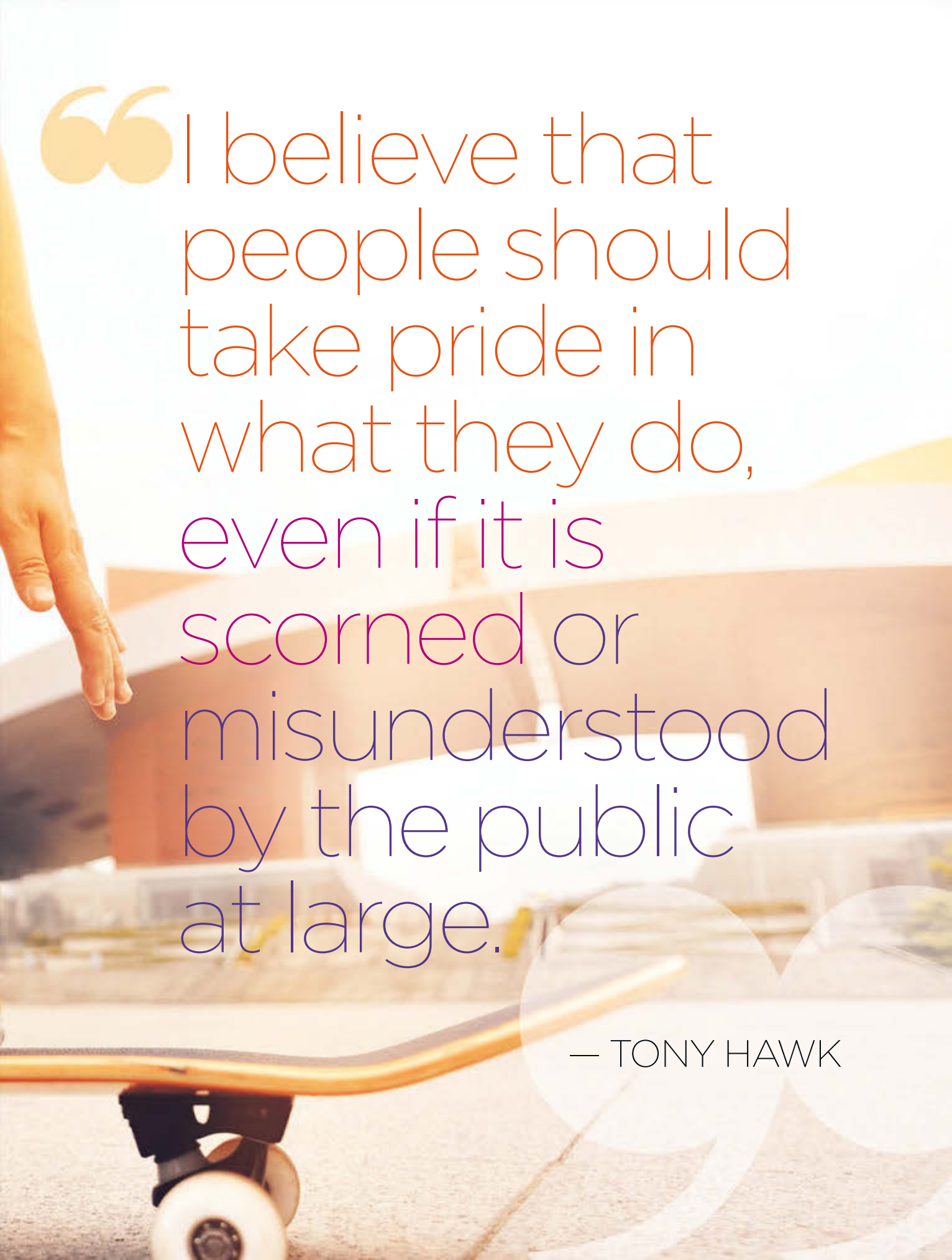
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[in the moment]





“I believe that people should take pride in what they do, even if it is scorned or misunderstood by the public at large.

— TONY HAWK



Ditch doubt & stay curious

→ I really don't think you can ever have too much knowledge — information, yes, but useable, practical knowledge, never! That's why you continually return to *Oxygen*, I suspect. You not only get information on the latest workouts and sports nutrition, but you're also offered several ways in which to apply it to your own fitness lifestyle. And that keeps you curious and wanting more of it every month.

That's why attending Dymatize's Sports Nutrition Summit in Dallas recently was so invaluable. The topics were as diverse as the presenters — from Dr. Brad Schoenfeld's "Fed vs. Fast Exercise and Body Composition" to Dr. Abbie Smith's research on how pomegranates affect circulation and performance. I was fascinated. The practical lab and production tour was equally interesting. (Check out the pic of all of us in our sexy garb!)

It's never too late to make a turnaround, a course correction, a change in direction. And be it in the gym or in life in general, the more you approach life (or your fitness regimen) with curiosity and gusto, the better the journey — or maybe I've been on the West Coast too long!

The passion of those in this industry for getting it right in training and nutrition is, to me, what makes it such a joy to work in. I hope you find the same passion and interest in the pages of the magazine this month, from our look at whether organic protein is worth the price on Page 64 to doing drop sets to shape a great cap on Page 48 to getting tips from the best experts in the field on Page 74. A woman told me recently at the Los Angeles FitExpo that she read *Oxygen* every month because she trusted we get it right. "I'm so happy you don't have any beauty or fashion — you have what I need, every month!"

We'll continue to give you what you need, that's a promise!



On tour of the Dymatize Nutrition labs in Dallas with Group Brand Director Alexander Norouzi (left), Group Advertising Director Donna Diamond Riekenberg (center) and yours truly, looking like I've had dental surgery!

Stay in touch,

Diane

DIANE HART
EDITOR-IN-CHIEF
[@dianeoxymag](https://twitter.com/dianeoxymag)

P.S. Here's what I carry around the office every day — my water bottle Square by Clean Bottle. I love that it's square and doesn't roll away, and the fact that I can pack fresh fruit into it and use it as a fruit infuser is brilliant! Healthy and delicious! cleanbottle.com



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THE FINAL STEP

For A Perfectly Lean Body

Do you struggle with shedding those last few pounds to accentuate your perfectly lean physique? All too often, no matter how hard you work out and diet, you just can't seem to lose those last few pounds to highlight your muscle tone and definition. The fact is, most women are storing 5-10 lbs. of excess water, causing them to look soft and bloated. Fortunately, XPEL, the powerful all-natural diuretic, can help you drop water weight fast. It's so effective that within 12 hours, XPEL will begin to shed the excess water weight and reveal your sexy, lean and toned body.

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Shout out!

**Oxygen readers never hold back.
Here's what you told us this month.**



Fit moms count!

I really enjoyed your February issue, particularly because of your interest in highlighting moms who live fit lifestyles. I knew it was going to be a great issue from the moment I opened my mailbox and saw Jamie Eason Middleton (my fit mom inspiration) gracing the cover, but y'all took it to an entirely new level! A lot of the time moms get looked down upon for making their health a priority, but I love the fact *Oxygen* actually embraces making healthy choices a priority! As Kim Dolan Leto says in her In the Spotlight article: "You are worth the investment!"

— LARISSA, VIA EMAIL

Too sweet?

In the February 2015 issue, there's a recipe for Chocolate Banana Cupcakes (Nutrition News) that calls for 1 cup of sugar. This recipe shouldn't even be in the magazine! What gives?

— JESSIE, VIA EMAIL

EDITOR'S NOTE: WE ASKED NUTRITIONIST JESSIE R. SHAFER TO RESPOND AND HERE IS HER ANSWER: THIS RECIPE HAS SIGNIFICANTLY LESS SUGAR THAN MOST CUPCAKE RECIPES. COMPARATIVELY, A STANDARD CUPCAKE MADE FROM A BOX MIX WITH FROSTING WOULD CONTAIN UP TO 50 GRAMS. THESE CONTAIN ONLY 9 GRAMS, AND SOME OF THE SUGAR IS NATURAL, OCCURRING FROM THE RASPBERRIES AND THE BANANA.

What about me?

Would you please use more older women as models? I get so tired of looking at 20-something fitness models as role models when I could be their mother.

— LISA, VIA EMAIL

Be a role model

I love reading the Rising Stars page in your magazine. I am a subscriber and read every page each month. I was happy to read in the February issue the two Rising Stars moms talk about how working out sets an example for their kids. Sarah Paulson talked about taking her daughter with her to the gym. I also take my 6-year-old daughter to the gym with me! Keep up the great work, *Oxygen*!

— JENN, VIA EMAIL

The male perspective

My wife and I pick up your magazine every month. I'd like to thank you for helping me lose weight, get in shape and feel better about myself.

I am a 300-pound broad-shouldered Army and Navy veteran who nine months ago was 350 pounds. After becoming disillusioned about losing weight by reading men's fitness and muscle magazines, I responded to a line on one of your covers and started reading. That day I bought the magazine and have made use of the wealth of tips and exercises from that issue and all the others since then. Thank you, *Oxygen*!

— MICHAEL, VIA EMAIL

For all ages

I love *Oxygen* and have been a devoted reader for more than 10 years. Though I certainly don't look like most of the models and athletes to grace the pages, you've done a tremendous job of encouraging readers like me, well into their 40s, to keep working on our fitness stamina. Keep it up, *Oxygen*!

— ELIZABETH, VIA EMAIL

youtoldus

OXYGEN WOMEN SHOW US THEIR LEG-DAY WORKOUT



IRENE SUKHU
Oakley, California
Age: 24



LINDA VINIER
Charlotte, North Carolina
Age: 47



ELLIE BURNET
Gold Coast, Australia
Age: 43

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All content submitted to *Oxygen* will be considered for publication. We reserve the right to edit for length and clarity.

A woman with long dark hair, wearing a blue sports top, is holding a large, dark grey 35lb weight plate with both hands. She is looking directly at the camera with a determined expression. The background is a gym setting with metal racks and weights.

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MUSCLEGEN RESEARCH

Iron Maiden Series

PRE-GYM



FAT BURNER



MULTI-VITAMIN



MEAL REPLACEMENT



Distributors Welcome

www.musclegen.net

contributors



Erin Calderone, MS, CSCS

» In addition to writing "Twenty five Minutes to a Lean Body," on Page 68, Erin Calderone, MS, CSCS, also worked as the on-set technical director for the photo shoot. Getting good exercise photos can be harder than it looks, especially with kettlebells, she says. "The most difficult exercise to shoot was the Turkish get-up because it's the most technical exercise to do and it has so many steps." Calderone enjoys advising at shoots. "The most fun part is working with models and seeing them showcase the moves so gracefully," she says. "I get a new appreciation for exercise as an art form every time I'm on set." Calderone has a master's degree in kinesiology from California State University, Northridge, and is a kinesiology instructor at Glendale Community College. She does an intense circuit with kettlebells at least once a week, and she recently started taking Brazilian jiu-jitsu classes. Her advice to dedicated exercisers? "Focus on the quality of your movement patterns. If we want to keep moving our whole lives, we have to not just move more but move well."



Chassidy Smothers

» Chassidy Smothers, the model for "Twenty five minutes to a Lean Body" on Page 68, got serious about her physique when her husband, Antonio Smothers, signed up for his first bodybuilding contest. Smothers explains: "It was important to me, as a wife and a woman, to go to my husband's show feeling secure enough in myself to be supportive of him instead of envious of the fit women there." She credits Antonio as being "the ultimate support system," and she caught the physique competition bug, going on to earn her IFBB Bikini pro card last November. Smothers grew up in Sacramento, California, has a bachelor's degree in business administration from the University of Washington and spent two years in South Korea with the U.S. Army. "I feel very fortunate in the opportunities that have presented themselves from finding my passion in fitness," she says. "I've been associated with the best teams at Bodybuilding.com, MusclePharm/FitMiss and Team Edge to help people become their best selves." You can find Chassidy and Antonio online at smothersfitu.com.



Kelly James-Enger

» Writer Kelly James-Enger says that researching "All About That Bass" on Page 84 revealed some useful, specific data. "What was most interesting to me is that music has a proven effect on how hard you work out — about 10 percent more intensely than working out without music." Also of note is the fact that music isn't a one-size-fits-all motivator. "We're all different and have different songs or musicians that we use to pump us up," she explains. James-Enger is a former lawyer who quit that field and turned to freelance writing 18 years ago. She has been published in *Runner's World*, *Weight Watchers* and *Woman's Day*. Her own interest in fitness ranges from weight training to running (although knee issues have required her to cut back on running and cross-train with bicycling instead), and she's an ACE-certified personal trainer. "I'm also certified as a Les Mills BodyPump instructor, and I love teaching that class," she says. James-Enger lives in the Chicago suburbs with her husband, Erik Enger, and children Ryan and Haley.

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FAT LOSS NEWS	40

GOAL-VERHAUL

Four months after your vague New Year's resolution to lose weight, where are you? By now — according to the stats — more than 60 percent of us have bailed and given up on them. Don't be a statistic; overhaul your original goal and make it SMART: specific, measurable, attainable, realistic and timely.

Success strategy: Get specific. Here's your new SMART goal: "I will lose 10 pounds by summer by eating clean for all my meals, doing my strength and cardio training Monday through Friday regularly, and aiming to lose a pound a week before my vacation to Hawaii." This gives you a much better map to follow and smaller, daily goals to reach in order to achieve your ultimate goal. Write down your new SMART goal on paper and hang it where you can see it every day or have your smartphone send a reminder. Good luck!

— Lara McGlashan





Oxygen breaks it down

bicycle crunch

➔ With the advent of stability balls, TRXs and Bosus, chances are you've sidelined the bicycle crunch in your ab-training arsenal. But new research from the Biomechanics Lab at San Diego State University studied the activation and engagement of the abdominals using an electromyography. Results: The bicycle crunch was found to be the best overall move out of 13 exercises, targeting the rectus abdominis and obliques strongly. Add this old-turned-new staple back into your program today and use these form tips to make the most of every rep.

- » Lie with your back arching naturally and draw your navel in toward your spine to engage your abs and provide support for your back.
- » Place your feet flat on the floor about hip-width apart to create a base of stability.
- » Place your hands lightly behind your ears or the back of your head with your elbows flared for support. At no time should your hands pull on your head and neck.
- » Lift your chin. You should be able to slide an orange in the space between your chin and your chest when aligned properly.
- » Lift your head, shoulders and upper back off the floor by pulling your rib cage down toward your hipbones, then twist through your torso while continuing to lift upward, driving one shoulder toward your opposite knee. Keep your focus upward and your chin lifted.
- » Pause at the top and squeeze your abs before slowly lowering to the start, placing one vertebra at a time onto the floor.
- » As you curl up, exhale and imagine blowing out all your air to intensify the crunch. Inhale as you return to the start.

MORE CRUNCH
VARIATIONS THAT
SCORED HIGH IN EMG
ACTIVATION STUDY



Stability-ball crunch

• Captain's chair
knee raise

• Legs-up crunch

• Reverse crunch

• Traditional crunch

• Double crunch

VARIATION
TO TRY
TODAY
HANGING
OBLIQUE CRUNCH

Hang vertically from a pull-up bar with your legs together. Bend your knees and lift them up and to the side, pulling your hip up to your rib cage. Pause and squeeze, then lower slowly to the start. Do all reps on one side before switching.



Mind Games

Need to push past those last few reps? Use this mental trick: Research from the University of Cambridge in the U.K. found that simply feeling powerful and having powerful thoughts can help make an exercise seem easier and make a heavy weight actually feel 20 percent lighter!



true or
false ↘

The quadratus lumborum is in your thigh.
Answer on
Page 30



BEGINNER'S TIP: Don't bring your arm across your face to twist. Keep your elbows flared at all times and instead twist through your torso and upper body to do the move.



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sweetener
sodium

free

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MOVE OF THE MONTH: ONE-HANDED BURPEE

Use this alternative to the burpee standard to challenge each arm individually and tax your core, glutes and chest as a bonus.

Setup: Stand with your feet hip-width apart, arms at your sides.

Move: Crouch down and place one hand on the floor in front of you. Hop your feet behind you into a plank (head, hips and heels in line) and balance between your feet and your one hand. Your other arm should be held close along your side. Hop your feet back underneath you, then extend your legs quickly and jump into the air. Repeat, alternating sides for reps.

READER QUESTION:

I work out at two different gyms. At one, I can easily curl 50 pounds on the cable machine, but at the other, I can barely do 20. What gives?

ANSWER: Though the machines may look similar and may have even been made by the same manufacturer, subtle differences in pulley systems and the age of the parts may lead to big differences in the weight you lift. The more pulleys there are in a cable system, for example, the easier it will be to lift the weight. In addition, as cables age, they can stretch out, changing the way they move through the pulleys and consequently how the weight feels to you on the other end. Solution: Instead of focusing on how much weight you seem to be lifting (or not lifting, as the case may be), write down how much you did at each different gym and track your progress on the machines individually. Better yet, use the cable machine at one gym, and use dumbbells or barbells at the other to avoid confusion.

true or false

answer:

FALSE. The quadratus lumborum is located in your lower back on either side of your spine, originating on the iliac crest of the pelvis and attaching to the lumbar vertebrae. This muscle is responsible for lateral flexion and rotation of the spine as well as pelvic stabilization. A tight QL can mean low-back pain, stiffness and even pelvic tilt.

» Work it: Side plank

Lie on your side with your hips and legs stacked and place your hand underneath your shoulder. Extend your arm and balance between your feet and your hand, keeping your body straight. Place your other hand on your hip or extend it toward the ceiling for a greater challenge.

» Stretch it: Cat/cow

Get on all fours and arch your back up toward the ceiling like a cat, dropping your head down low. Reverse this move and lift your chin and tailbone upward while dropping your belly toward the ground. Alternate slowly between these two positions, breathing deeply.

» Bonus points: What are the major seven muscles of the thigh? Go to oxygenmag.com to find out!

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To uncover
your true
potential,
you must first
find your own limits
and then you
have to have
the courage
to blow
past them.”

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HYDROXYCUT.



Ditch the fridge!

Modern refrigeration is a lifesaver but not for certain foods. Here are 10 foods you should never refrigerate to maintain best quality and longevity.

- 1) **Avocados** Don't store an underripe avocado in the fridge, but an already ripe or cut avocado can be refrigerated.
- 2) **Basil** This fresh herb wilts faster in the fridge.
- 3) **Bread** Unless it's sliced sandwich bread you'll use up in a few days, the refrigerator will dry out bread quickly.
- 4) **Coffee** Whole or ground beans will lose flavor and absorb other odors from the fridge.
- 5) **Garlic** Cloves and heads of garlic sprout and get rubbery in the refrigerator.
- 6) **Honey** Refrigeration will cause honey to crystalize. Instead, store it tightly sealed in the cupboard.
- 7) **Olive oil** This oil will condense and harden in the fridge.
- 8) **Onions** The moisture of the fridge will turn onions soft and moldy.
- 9) **Potatoes** The cold refrigerator will quickly convert a potato's starch to sugar, giving it a gritty texture.
- 10) **Tomatoes** Refrigeration causes tomatoes to lose the flavor and turn mealy.

recipe makeover

FAT-FREE BUFFALO BITES

Makes 8 servings

Serve these tasty cauliflower bites as a veggie stand-in for buffalo wings. They've got all the flavor you'd expect, but they're virtually fat-free and help sneak in a serving of vegetables!

- ½ cup white whole-wheat flour
- ½ cup water
- 1 teaspoon garlic powder
- ½ teaspoon salt
- 1 head cauliflower, cut into bite-size pieces (about 8 cups)
- 1 teaspoon melted butter
- ⅔ cup hot sauce

Preheat oven to 450 degrees. In a medium bowl, whisk together flour, water, garlic powder and salt. Toss cauliflower pieces in the batter, using a fork to turn each piece until coated. Lift cauliflower pieces out of the batter, letting excess drip back into bowl. Place pieces on a baking sheet misted with nonstick cooking spray. Bake cauliflower for 15 minutes, turning pieces halfway through baking time. In a large bowl, combine melted butter and hot sauce. Toss baked cauliflower pieces with the hot-sauce mixture. Lift cauliflower pieces out of the hot sauce mixture, letting excess drip back into the bowl. Return cauliflower pieces to the baking sheet and bake for an additional 25 minutes, or until pieces become crispy. Let cool five to 10 minutes before serving with celery sticks and dressing, if desired.

Nutrition facts per serving (1 cup each): calories 59, total fat 1 g, saturated fat 0 g, carbs 11 g, fiber 3 g, sugar 2 g, sodium 575 mg, protein 3 g



48

The number of weekly working hours that increases your chances of high alcohol intake. A new scientific analysis found that people who worked longer hours were more likely to engage in risky alcohol consumption, which is defined as 14 or more drinks per week for women. If you find that working long days makes you more likely to choose alcohol, it's time to cut back your hours and head to the gym for a healthier form of stress relief.

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SALMON WITH HONEY AND MUSTARD SAUCE

Ingredients

SERVES 6

6 salmon fillets
1 medium onion
½ lemon
2 garlic cloves
A few bay leaves
2 tablespoons honey
1 tablespoon mustard
½ teaspoon salt
6 tablespoons olive oil

Preparation

1. Combine the sliced garlic, olive oil, salt, mustard and honey and marinate the salmon fillets for five hours.
2. Lay the salmon on a tray, top with sliced lemons and bay leaves.
3. Cover the tray with parchment paper and cook in a 320°F (160°C) preheated oven.
4. Serve with sautéed vegetables, potato cakes or mashed potatoes if desired.



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Wet Ingredients

- 2 bananas, mashed
- ½ cup almond butter (or nut butter of choice)
- ½ cup raw coconut nectar (or liquid sweetener of choice)
- 2 teaspoons vanilla extract

Dry Ingredients

- 1½ cups oat flour
- 1 cup oats, whole
- 1½ cups dried apples, chopped
- 1 cup buckwheat flour
- ½ cup soaked and dehydrated raw buckwheat groats, or kasha (Kasha is toasted buckwheat.)
- ½ cup raisins
- ½ cup shredded coconut
- ¼ cup hemp seed
- 2 teaspoons ground cinnamon
- ½ teaspoon lemon zest (the yellow part of the lemon peel)
- ¼ teaspoon nutmeg
- ¼ teaspoon salt

1. Put the wet ingredients in a blender and blend until well-combined and creamy. Alternately put the wet ingredients in a bowl and whisk rapidly to combine until creamy.

2. In a medium to large mixing bowl, put the dry ingredients in and mix together well with a spoon.

3. Pour the wet ingredients into the bowl of dry ingredients and mix together with a spatula or your hands to combine together thoroughly. Using gloves can help mix with hands.

4. Line a glass pan or cookie sheet (9-by-9 inch, 7-by-11 inch, etc., all work great) with parchment paper, having paper come out of two of the ends so the bars can be lifted out of the pan. Using your hands, press the mixture into place. Use a rubber spatula to smooth out and ensure entire pan has an even surface.

5. Place pan in refrigerator for a minimum of one hour. This allows the bars an opportunity to firm up and hold their shape while cutting. Recommended shapes when cutting are rectangles, squares or energy nuggets.

Storage Suggestion: Store in an airtight container. Bars will keep for one month in the refrigerator and three months in the freezer.

Nutrition facts (per serving): calories 261, total fat 8 g, carbs 43 g, fiber 6 g, protein 7 g

Don't discount postworkout milk! You may want to reach for milk or a milk-based beverage after your next sweat session. A new study comparing milk-based drinks to carbohydrate-electrolyte beverages found that participants who consumed the milk-based drinks retained 30 to 50 percent more of the drink's fluid after exercise. The researchers attribute the better fluid retention to a higher availability of energy, protein and sodium in the milk-based beverages.



Protect your heart with beets!

Improve your mood by adding more beets to your salads and side dishes. Beets are a great source of folate, a nutrient that plays an important role in mental and emotional health. Beets also provide an anti-inflammatory effect that protects your heart and muscle tissue.

In Season – Beets are available year-round, but they hit peak harvest season in the spring. In addition to standard red beets, there are now many varieties available, including golden beets, white beets and Chioggia bull's-eye pattern.

Look for – beets that are heavy for their size and have no surface nicks or cuts. If sold with their tops, look for greens that are crisp, fresh and sturdy.

Want zero belly fat?

Tame cortisol. Cortisol, a hormone released to counteract stress, is increasingly linked to belly fat. Studies show that elevated cortisol can lead to hunger, overeating and sugar cravings. Additionally, high cortisol levels cause a larger percentage of fat to be stored in the abdominal area, which also leads to increased cortisol production. Foods and drinks containing caffeine, such as coffee, tea and even chocolate, increase the release of this stress hormone. High caffeine levels also can negatively affect sleep, which then raises cortisol levels. It's a vicious cycle! Luckily, the cycle can be undone — cut back on caffeine to improve sleep, which also can help relieve stress and rid you of unwanted abdominal fat!



Go bananas! Convenience stores aren't the first place that come to mind for a healthy meal, but many gas stations are offering healthier choices for consumers, including fresh fruit and vegetables, hard-cooked eggs, low-fat dairy and whole-grain options. And the best part is that consumers like you are responding. The top food item sold in convenience stores isn't candy bars or soda; it's bananas. Flip to Page 42 for a delicious banana protein shake!



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3,200

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Your breasts: Myths & facts

Fact: The average breast weighs 1.1 pounds.

Fact: Your breasts will droop as you age. The Cooper's ligaments — the tissues that hold the girls at attention — stretch over time.

Myth: Wearing a bra will prevent the girls from sagging. Age and gravity are much stronger than your Playtex, and while your bra holds and shapes your breasts, it does not prevent sagging. Caveat: A sports bra can help prevent the breakdown of connective tissue during vigorous exercise and slow down the sagging process.

Fact: Bra manufacturers estimate that a woman will wear six to eight different bra sizes over the course of her lifetime.

Fact: Unhealthy habits such as smoking, overexposure to UV rays and a high-fat diet can contribute to the breakdown of collagen and connective tissues and result in breast sag.

Myth: Tight bras with underwires increase your risk for breast cancer. This is patently not so, and there are no studies to back up that claim.

Myth: Wearing a bra to bed will keep your breasts perky. You're welcome to do so, but your girls need to get aired out every now and again!



153

PERCENT INCREASE IN OBESITY RATES IN THE U.S. SINCE 1990

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- Connecticut
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- Colorado
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- Nebraska

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Source: The United Health Foundation's 2014 Health Rankings report

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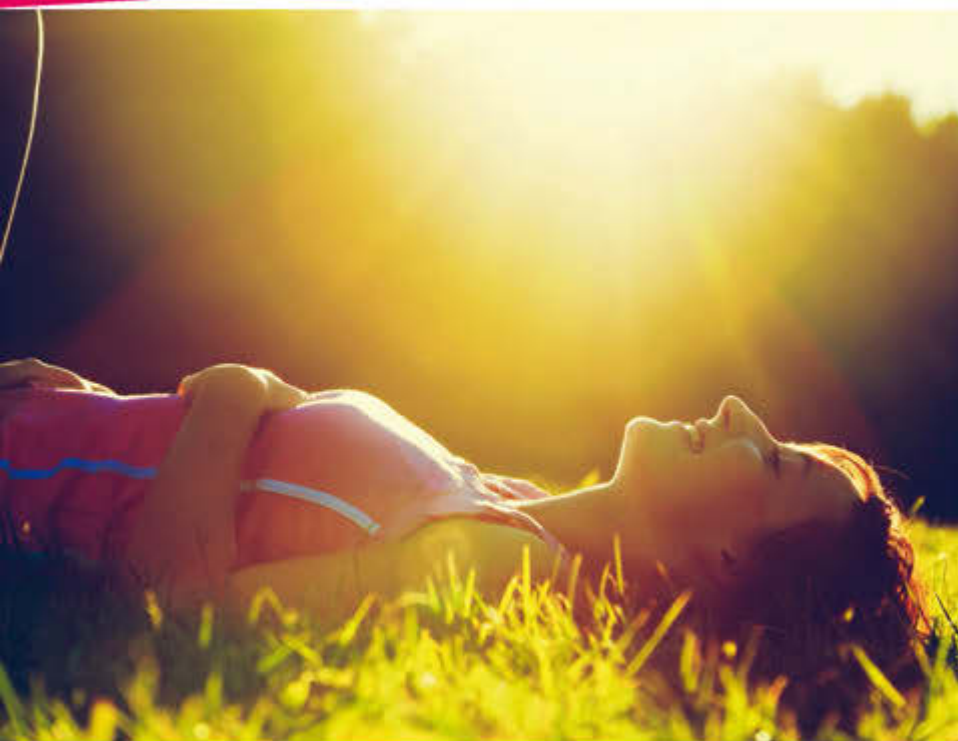


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Ignite your fire

Need a spark of inspiration? The power of positive recall can get you motivated to move.

➔ Motivation is a funny thing. Even if you're a certified gym rat, you might have trouble getting psyched up to exercise every now and then. Here's a surefire way to give that motivation a good kick in the pants: Recall a positive exercise experience.

In a study from the journal *Memory*, about 150 college students were asked to recall either a positive or negative memory connected to exercise that would increase their motivation to exercise. Meanwhile, a control group did no recall.

In the end, those who remembered a positive memory reported higher amounts of exercise, about 15 minutes (or more) of moderate-intensity activity during a weeklong period, than the control group. Surprisingly, negative

memories connected to exercise also increased study participants' activity level over the control group, although not as much as the positive exercise memory group.

Why? Although researchers don't have a definitive answer, they do have a few theories. "Recalling a positive exercise experience could boost one's self-concept in terms of exercise and fitness," says Mathew Biondolillo, lead study author from the University of New Hampshire. That, in turn, could lead to more exercise.

Other research points to specific memories serving as a directive function, meaning that they direct or guide future activities and suggest plans of action based on past experience. "A positive motivational memory might give helpful

Fuel your passion

Want more ways to kick that motivation into gear? Put these three strategies to the test:

❶ **Choose the right buddy:** Exercising with a friend can make any sweat session more enjoyable. For optimal results, though, a study from the *Journal of Sport & Exercise Psychology* advises buddying up with somebody who's moving because they love it. When people exercised with somebody who was motivated to participate in physical activity because they truly enjoyed it, they exercised at a higher intensity, spent more time doing physical activity and exercised for longer durations of time versus exercising with somebody who was only doing it to look better.

❷ **Pay yourself:** People who got a \$5 weekly reward were more likely to stick with exercise, per a study from the *American Journal of Preventive Medicine*. Researchers suggest those cash incentives offer an immediate benefit as opposed to the health benefits of exercise, which usually take time.

❸ **Talk yourself up:** When people used motivational self-talk during workouts, they reported that exercise felt easier, so much, in fact, that they improved their time to exhaustion — so they either exercised for a longer time or did the same workout feeling less tired — by 18 percent, according to a study from *Medicine & Science in Sports & Exercise*. Try statements like "go for it," "dig deep" or "you're a winner."

guidance and instruction for people so they know how to repeat a past positive exercise experience in the future," he adds.

So on those days when you're vacillating between staying in bed another 30 minutes or heading to the gym, this study suggests that recalling those positive past experiences could make you choose the latter. For instance, think about completing your first 5K and how happy you felt as a result.

Can't think of anything positive? Then follow the lead of the second group in the study and veer the other way into negative territory. For instance, maybe you picture a race you did in which you almost couldn't finish. The memory could ignite your fire to exercise so you'll do better next time. ●

When you're vacillating between staying in bed another 30 minutes or heading to the gym, recalling positive past experiences could make you choose the latter.

Erin Stern
ERIN STERN
IFBB FIGURE PRO
XOXO

TWO THINGS NEVER LIE: SCIENCE AND RESULTS



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Notes to lose fat by

➔ Does it seem like you're surrounded by situations that constantly elevate your stress? Living with chronic stress — who doesn't today? — can lead to overload of the stress hormone cortisol. Consistently elevated levels of this so-called "fight or flight" hormone can result in cognitive impairment, imbalanced blood sugar, loss of muscle tissue and increased visceral fat, decreased function of the thyroid and difficulty shedding fat. But, based on a study conducted in Germany, a little choral music can go a long way toward reducing cortisol levels quickly, improving your health and making it easier to shed pounds.

Turns out that listening to relaxing music (for the study it was the *Miserere*, choral music by Gregorio Allegri) helped study participants, a group composed of 65 women, return to normal cortisol levels more rapidly following a stressful event compared to women who merely relaxed.

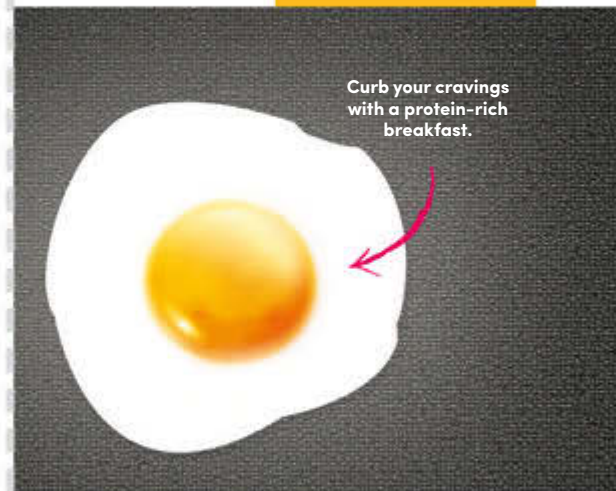
Take-home point: To improve your chances for losing fat effectively (and pleasantly) by reducing stress, consider adding 10 to 15 minutes of listening to relaxing music daily.

243
(calories)

NUMBER OF CALORIES IN A BASIC BROWNIE. TO BURN OFF THE CALORIES, ACCORDING TO HARVARD MEDICAL SCHOOL, A 125-POUND WOMAN WILL HAVE TO DO ANY OF THE FOLLOWING FOR ONE HOUR OVER AND ABOVE HER DAILY ACTIVITY LEVEL: STRETCHING, HATHA YOGA, WATER AEROBICS, TAI CHI, VOLLEYBALL, BASIC GYMNASTICS, WALK 3.5 MILES, WASH A CAR.

REDUCE CRAVINGS

As we pointed out not too long ago, recent research has indicated that having a protein-rich breakfast can reduce the amount of lunch you'll eat, thus leading to reduced caloric intake and improved weight loss over time. Now a University of Missouri study adds even more important evidence for improved weight loss thanks to a solid breakfast. Study authors found that a protein-loaded breakfast can impact the release of the brain chemical dopamine, which can help reduce food cravings, particularly for sweet foods and high-fat and savory foods. According to Heather Leidy, assistant professor of nutrition and exercise physiology at the university, skipping breakfast allows your cravings to climb throughout the day. And that, clearly, can make your weight-loss plan suffer.



Curb your cravings with a protein-rich breakfast.

Stressed spelled backward is desserts. Coincidence? I think not!

— AMY REES ANDERSON, BLOGGER AND FOUNDER OF REES CAPITAL

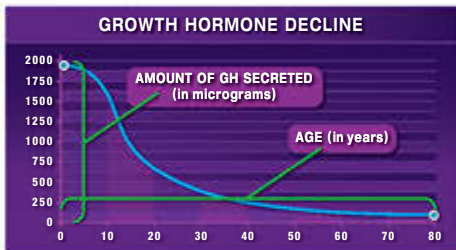
Trends | Anti-Aging

Growth Hormone:

Why We Can't Stop Talking About This "Anti-Aging" Breakthrough!



“There’s no denying that something that has a chance of reducing body fat, increasing lean muscle mass, boosting mood, giving you plenty of energy while it gets rid of wrinkles and tightens saggy skin... making you look and feel decades, not years but **DECADES** younger... is, at the very least, irresistible!”



It seems the press can't stop

talking about human growth hormone (hGH). A recent *Shape* magazine article starts out with a very provocative statement: "When you see a 50-year-old actress who can pass for 35, you can bet that good genes aren't the only things responsible for her youthful glow." *Allure* magazine, in its "Anti-aging Special" issue, highlighted growth hormone as its year-end call-out. And a revolutionary oral growth hormone booster called SeroVital®-hgh has been making headlines. After the famed Dr. Oz himself introduced the research behind SeroVital to his audience and said, "I've been searching for this

since the day we started the show. I've been looking for ways of increasing hGH naturally because I don't like getting the injections," sales of SeroVital skyrocketed... But is SeroVital right for you?

what it's all about

Growth hormone is a single chain peptide hormone that's manufactured deep within the brain... in the pituitary gland. It's released into the bloodstream and travels throughout the body. It passes into your fat cells and can actually cause them to shrink. It enters your muscle cells, stimulating lean muscle growth so you look more tight and toned, even if you haven't been working out. When it reaches the skin it maintains healthy blood flow, ramps up collagen production and strengthens the underlying substructure of the skin's critical architecture, keeping your skin firm, tight and smooth, which is why so many people call hGH the "youth" hormone... and why some experts believe it's the key to combatting aging.

how SeroVital works

First off, let's be clear: SeroVital-hgh DOES NOT contain human growth hormone (hGH). It doesn't work like hGH injections, which introduce a synthetic form of growth hormone into the body, and which some experts fear may upset the natural production of hGH. Instead, SeroVital works on an entirely different principle. It increases hGH naturally in the body by nourishing the pituitary — the gland that manufactures growth hormone — which encourages it to produce hGH at more youthful levels. In fact, in a study of both men and women across a wide age range, SeroVital was clinically shown to increase mean, bioactive, serum (blood) hGH levels by 682%. The SeroVital formula is so unique it's been granted not one, but **seven** United States Patents to protect it from imitators.*

the cost factor

At \$99 for a 30-day supply, SeroVital isn't exactly cheap. But when you consider that growth hormone injections can run as high as \$1500 a month, \$99 doesn't seem too bad. And frankly, anything that may have the possibility of reducing wrinkles, tightening saggy skin, decreasing body fat, increasing lean muscle mass, and boosting mood, while giving you plenty of energy and improving sex drive is, at the very least, irresistible. For the full story on this revolutionary, oral growth hormone booster, visit SeroVital.com. Can't wait to try it? You can find SeroVital at all Ulta stores, Kohl's, and select GNC locations, or order direct from the manufacturer at 1-800-641-6596 or SeroVital.com. Use promo code **HGH298** for free shipping.†

Get a green boost

Feel full and get energized by combining the superfoods chia and matcha in a great-tasting smoothie. **By Erin Macdonald, RDN, and Tiffani Bachus, RDN**



MATCHA BANANA SHAKE

Makes 1 serving

- 2 cups baby spinach
- 1 cup unsweetened vanilla almond milk
- 1 frozen banana
- 1 scoop vanilla whey protein powder
- ½ tablespoon chia seed
- ½ teaspoon matcha green-tea powder

Place all ingredients in a blender and blend until smooth. Add ice, if necessary.

Nutrition facts (per serving): calories 292, total fat 7 g, protein 24 g, carbs 35 g, fiber 8 g

Matcha is made from green tea leaves that have been ground into a fine powder.

» Matcha magic:

A nutrition triple-threat, matcha boosts energy, burns fat and is a natural detox agent. Matcha has been shown to boost physical endurance by 24 percent.

» Chia satisfaction:

Chia helps keep you full for hours because of the slow-digesting gel that it forms in your stomach, and it's also a good source of anti-inflammatory omega-3 fatty acids.

» Spinach energy:

Spinach is an excellent source of iron, a component of hemoglobin, which carries oxygen to all cells in the body and increases energy levels.

» Banana benefits:

Bananas are one of the best sources of potassium, a mineral that's lost in sweat.

1 BODY 1 LIFE Ø EXCUSES



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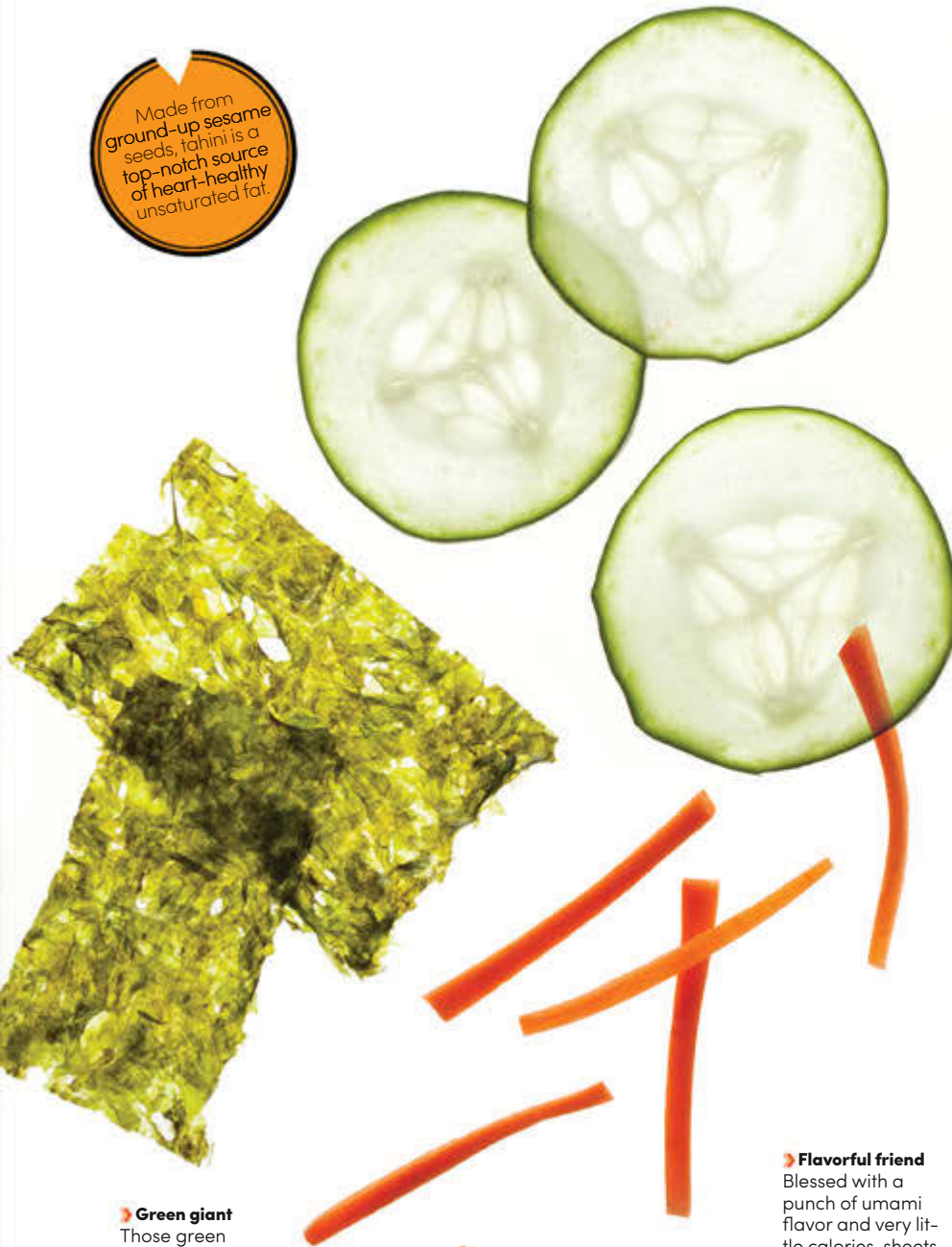


Health on a roll

Grab hold of these nori rolls to turn your snack time into a nutritional gold mine. **By Matthew Kadey, MS, RD**



Made from ground-up sesame seeds, tahini is a top-notch source of heart-healthy unsaturated fat.



► **Green giant**
Those green soybeans otherwise known as edamame are a nutritional treasure trove — loaded with protein, fiber, vitamins and minerals.

► **Mango tango**
The tropical fruit is laced with vitamin C, an antioxidant shown to improve mood and help fend off diabetes.

► **Flavorful friend**
Blessed with a punch of umami flavor and very little calories, sheets of nori are good for much more than sushi.

These rolls have it all: great crunch, a flavorful riff on hummus and a creamy mix of protein, healthy fats and fiber. The recipe can be prepared up to four days in advance if chilled, but the rolls are best prepared just before serving.

NORI ROLLS **Ready in 30 minutes** **Makes 4 servings**

- 2 teaspoons wasabi powder
- 2 cups frozen shelled edamame
- ¼ cup tahini
- 2 garlic cloves, minced
- 1 teaspoon lime zest
- juice of ½ lime
- ½ teaspoon salt
- ¼ cup water
- 8 nori sheets
- 1 mango, peeled and thinly sliced
- 1 large carrot, cut into matchsticks
- ½ English cucumber, cut into matchsticks
- ⅓ cup fresh mint

- 1.** In a small bowl, whisk together wasabi powder and 2 teaspoons cold water. Cover and chill for 15 minutes.
- 2.** Prepare edamame according to package directions. Place wasabi paste, edamame, tahini, garlic, lime zest, lime juice and salt in a food processor container and blend. With the machine running, slowly pour in the water.
- 3.** Lay a nori sheet on a cutting board. Spread about ¼ cup edamame hummus onto the sheet, leaving at least 1 inch uncovered at the top. At the bottom edge, lay on some mango, carrot, cucumber and mint. Fold nori sheet over the filling, and roll it away from you as tightly as possible. Moisten the top edge of the sheet with water to seal. Slice each roll in half to serve.

Nutrition facts (per serving):
calories 286, fat 15 g, carbs 27 g, fiber 11 g, protein 11 g

The Power of RAW VEGAN PROTEINS!

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GRISHINA**
IFBB PRO
FITNESS
CHAMPION
& TEAM SAN



Vegan Diets Haven't Always Been Easy For Athletes

In the past, it wasn't always an easy choice to live a vegan lifestyle if you're goals were to be a serious athlete, let alone if you wanted to build muscle mass. It was hard enough to get abundant protein through diet alone, but almost all supplemental protein sources of the past haven't been vegan-friendly.

A New Generation Of Plant Protein Without Sacrifice

Over a year full of vigorous research and development in cold-extrusion technologies has resulted in an unmatched, vegan-approved protein formula from SAN. Not only is **RAWFUSION** non-GMO, organic and allergen-free, it also offers an incredible **21 grams** of custom bio-fermented protein per serving—in a vegan formula.

"I have never been a vegetarian, but I FELL IN LOVE WITH RAWFUSION from my first try! It delivers results and that's what I need!"

- OKSANA GRISHINA

RAWFUSION's exclusive mix of pea protein isolate, sprouted brown rice, artichoke protein concentrate and an EFA-rich sunflower oil matrix has created a patent-pending formula that is ideal for vegans and a sensible choice for non-vegans as well. In fact, with over **4.5 grams** of glutamine per serving, **RAWFUSION's** amino acid profile rivals that of milk protein.

RAWFUSION is an unequalled vegan protein formula for anyone seeking an ultra-healthy lifestyle and unwilling to make sacrifices.*

CONGRATULATIONS

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Pack + play!

The hardest part about hitting the gym shouldn't be organizing your exercise gear. These five bags make packing for your workout worry-free.

By Myatt Murphy, CSCS



Shaped for sweat

The super compact size of the classic REI Balance Gym Bag makes it locker-friendly. (No more cramming!) It also features a removable, water-resistant pouch for postworkout clothes, fleece-lined slots for a phone and a side bottle pocket for easy aqua access. **\$60, rei.com**



Killer capacity

Updated for spring and available in four dynamic prints, Dakine's women's EQ Bag offers ample room (4,500 cubic inches worth), an easy access U-shaped opening and a zippered end pocket that lets the bag pack into itself when not needed. **\$50, dakine.com**



Take-charge tote

Vivid and sporty, Activyst's Bold Active Bag is water-resistant and constructed from super-tough materials, and it has compartments for just about everything, including your shoes, water bottle, laptop, and a yoga mat. **\$78, activyst.com**



Considerate sack

The Go to Gym Bag by Athleta is aptly named. Not only will its rugged construction weather any workout, but it also features a shoe bag, yoga mat straps, a padded pocket for laptops and even a removable accessory bag for hot hair tools. **\$128, athleta.com**



One tough tote

Made from sweat-friendly, durable coated canvas and polyurethane fabric, Lululemon's ultra-tough Sweat and Go Bag holds up to 50 pounds, features quick access pockets for all your gear, and has a wet/dry pocket that separates your stinky workout clothes from your street wear. **\$128, lululemon.com**

Banish bacteria!
To clean your gym bag, empty it and rub it down with a disinfectant wipe every once in a while.

Kim Dolan Leto's

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DROP EVERYTHING>

Want to burn 10 times more fat? The ultimate drop-set user's guide for your best delts — ever.

LOFTY GOALS call for intense efforts. This holds true in virtually all areas of life but perhaps most literally in the gym. If you want to change your body — really sculpt your muscles and do away with excess body fat — you need to feel the burn from time to time. And there's no better way to light it up than with drop sets.

"Drop sets allow you to go deeper and harder into a given muscle group, creating a more dense and defined muscle," says Tina Chandler, a professional bodybuilder, four-time Ms. Olympia competitor and Houston-based NASM- and PFIT-certified personal trainer. "In turn, you'll achieve a higher intensity in the workout, and a workout like that burns 10 times more fat than a long, drawn-out one." This is because with drop sets, you literally extend your set two or three times longer than your standard eight to 10 or 12 to 15 rep scheme by decreasing the weight incrementally in a series of "drops" as you fail with your current weight.

"You've got two beneficial things going on with drop sets: higher rep ranges that lend themselves to hypertrophy [muscle growth] and the fact that you're getting short breaks while dropping the weight," says Bob LeFavi, Ph.D., professor of sports medicine at Armstrong State University in Georgia. "This enables

your [energy] systems to replenish so you can apply more force when the next part of the set takes place a few seconds later." In addition, you're pushing your lactate threshold and are developing muscle endurance, according to LeFavi, which translates to better, faster results.

Advanced trainees often perform two to three drops within one single set, so that by the end, even a 5-pound dumbbell feels like an anvil. This extreme level of fatigue equates to the breaking down of muscle fibers, which — when repaired — means gains in strength, shape and size. Continuing to lighten the weight over the course of the extended set also ensures that the work is confined to the muscles, not the joints and ligaments. "You're going to hit a wall at a certain point with a given weight, and when you do, you're putting the load on the joint rather than the muscle, which can expose you to injuries," Chandler says. Using drop sets ensures intensity while saving your precious joints.

Whether you're new to drop sets or they're an old trick that needs dusting off, they can help you trim down and shape up quickly and efficiently. Follow the steps in "The Anatomy of a Drop Set" sidebar and start implementing them into your program today. It's time to burn, baby, burn!

DROP SETS IN ACTION: SHOULDER WORKOUT

Drop sets can be done for any muscle group of your choosing. Here's a sample shoulder workout using the technique, designed by Tina Chandler, that implements drop sets on a machine for lateral shoulder raises, exhausting and breaking down that muscle in order to build rounder, shapelier shoulder caps.

Warm up with three sets of 15 reps each side with a cable external rotator-cuff move using light weight, then get into the workout. For the first three moves, use a fairly heavy weight and perform straight sets. For the last move, perform your first set as a straight set, then use the last two as drop sets, following "The Anatomy of a Drop Set" rules. Remember: You want to completely exhaust your muscles, so go to failure with each drop!

MOVE

Bent-Over Lateral Dumbbell Raise

SETS

3

REPS

10

Seated Dumbbell Overhead Press

3

10-15

Wide-Grip Upright Row

3

10-15

Machine Lateral Raise

3

20

BENT-OVER LATERAL DUMBBELL RAISE

Setup: Stand with your feet about hip-width apart and hold a set of dumbbells at your sides, palms facing inward. Keeping a flat back, fold forward from the hips until your torso is about 45 degrees to the floor.

Move: Open your arms and raise the weights up and to the sides, leading with your elbows and keeping your back flat. Pause a moment at the top, then slowly lower to the start.



SEATED DUMBBELL OVERHEAD PRESS

Setup: Sit on a bench with a short back and hold a set of dumbbells at your shoulders, palms forward and elbows down.

Move: Extend your arms and press the weights straight up overhead, bringing them in toward one another to touch or nearly touch as your arms come to full extension overhead. Reverse the move and slowly return to the start under control.

HOW TO DO DROP SETS WITH A ...

Barbell: Enlist a friend to help you strip the weight as you hit each stopping point with your repetitions. If you are flying solo, load with the same size plate (10s, 25s, 45s) to make the stripping easy and efficient.

Dumbbell: Line up two or three sets of dumbbells next to each other so you can easily swap out when it's time to drop. (Choose your gym time wisely!)

Machine: Slide the pin into a lower weight slot two, three or even four times per set to achieve your drops.

THE ANATOMY OF A DROP SET

- Choose a weight that will elicit failure at a desired rep count (eight, 10, 15, 20 or whatever you choose).
- Do reps with that weight until you're unable to do any more with proper form, then decrease the weight and rep it out again until failure. Do two to three drops per set.
- Decrease the weight enough with each drop so you can get several more reps but not so much that the exercise instantly becomes easy. A good rule is to decrease by 20 to 30 percent each drop.
- Limit your use of drop sets to the last one to two sets of your final exercise and to one muscle group per workout. Drop sets are exhausting, and overdoing them could possibly lead to injury.
- Choose your exercises wisely. Isolation (single-joint) moves such as biceps curls are better choices for drop sets than compound, free-weight movements like squats and chest presses. Machines are one of the best modalities for drop sets because changing their weight only takes milliseconds to perform.
- Limit your downtime between drops to keep your intensity high. However long it takes to change a pin is how long you should rest.

WIDE-GRIP UPRIGHT ROW

Setup: Take a shoulder-width overhand grip on a barbell and hold it in front of your thighs with your shoulders down and back.

Move: Pull the barbell up along the front of your body by driving your elbows to the sky until the bar comes to the top of your chest (and no farther, particularly if you have shoulder issues). Pause a moment, then slowly lower to the start.



MACHINE LATERAL RAISE

Setup: Adjust the machine so the lever arms are below your shoulders and secure your arms underneath the pads, elbows bent.

Move: Raise your arms up and to the sides, pressing upward against the pads and coming as high as your shoulders. Pause and squeeze before slowly lowering to the start, resisting the weight of the machine on the return. ●

Want more drop-set exercise suggestions for the rest of your bodyparts? Go to oxygenmag.com for Tina Chandler's complete head-to-toe list!



Spring

embrace seasonal superfoods

and revitalize your diet

by Matthew Kadey, MS, RD

photography by Cory Sorensen

clean

your menu

Sick of stews and roasted vegetables?

Us too! Mercifully, spring has arrived, which means two things: You can finally stash away the parka, and the warmer days are bringing to life a new bounty of produce to freshen up your diet. Indeed, 'tis the season to redo your menu by bidding adieu to hearty winter fare and welcoming back glorious springtime veggies and fruits. Aside from awakening your taste buds from hibernation, many spring delights like asparagus and peas are jampacked with vital nutrients to help send you into flip-flop season in the best shape possible. So grab your canvas tote, hit the market and rustle up these fresh recipes for a much-needed taste of sunshine.

to get your body in its best shape.



asparagus ribbon salad with poached egg



For ease of shaving, use fatter asparagus spears as opposed to the pencil-thin ones.

READY IN 25 MINUTES MAKES 4 SERVINGS

- 2 teaspoons grapeseed oil or canola oil
- 8 ounces Canadian-style bacon
- 1 bunch asparagus, woody ends trimmed
- 4 cups arugula, tough ends trimmed
- 1 pint cherry tomatoes, halved
- 2 tablespoons unsalted sunflower seeds
- 2 tablespoons extra-virgin olive oil
- juice of ½ lemon
- 1 garlic clove, minced
- 1 tablespoon minced shallot
- ¼ teaspoon black pepper
- 4 large eggs
- 2 tablespoons white vinegar
- ½ cup grated Parmesan cheese
- 2 tablespoons finely chopped chives

Heat oil in a large skillet over medium heat. Add bacon and cook until browned and slightly crispy, about three minutes per side. Remove from pan and let cool before chopping.

Set asparagus on a cutting board. Hold the tip of the asparagus and run a straight-blade vegetable peeler from the tip to the bottom to slice it into ribbons.

Scatter arugula on serving plates and top with asparagus ribbons, chopped bacon, cherry tomatoes and sunflower seeds. Whisk

together olive oil, lemon juice, garlic, shallot and black pepper. Drizzle over salad.

To poach eggs, nearly fill a large skillet with water and add vinegar. Break eggs into four separate teacups or small bowls. Bring water to a boil over high heat. When the water has come to a boil, slide the pan off the heat and gently tip eggs into the pan. Cover pan tightly and let sit four minutes, or until whites are set. Using a slotted spoon, carefully remove poached eggs from water and place on top of salad. To poach eggs individually in the microwave, place ½ cup water and ¼ teaspoon white vinegar in a small microwave-safe small bowl. Carefully crack egg into water, cover bowl and microwave on high for one minute, or until whites are set and opaque but yolks are still runny. If needed, continue microwaving in 10-second spurts until done.

Garnish salad with Parmesan cheese and chives.

NUTRITION FACTS (PER SERVING):
calories 301, total fat 20 g, saturated fat 4 g, trans fat 0 g, sodium 305 mg, carbs 14 g, fiber 3 g, sugar 1 g, protein 25 g



While you can now find asparagus in stores year-round (*gracias*, Peru), locally grown stalks have unsurpassed flavor and texture. The upshot is that you should eat as much of this quintessential spring vegetable as you can while the locally grown variety is available.

Do so and you'll be awarded with an array of must-have nutrients, including vitamin K, vitamin A, vitamin C, folate and even energy-boosting iron. But who says you have to cook asparagus? Shaved ever so thinly with a vegetable peeler, this harbinger of warmer weather is a tender addition to salads alongside other nutritious seasonal greens.



Try to make this soup ahead of time because the flavors only get better after resting for a day or two in the refrigerator. Garnishing with feta and hemp seeds adds some protein to show your muscles a little love.



If the subzero weather this winter had you seeing red, then make sure to load up on rhubarb for some spring sour power. This member of the buckwheat family is a stellar source of vitamin K. A 2014 *Journal of Nutrition* study found that women with the highest intakes of vitamin K were less likely to be stricken with cancer or heart disease. Beyond pie and sweet sauces, rhubarb imparts subtle tang to this light and bright gazpacho that is the perfect way to welcome back bikini season. Enjoy as a refreshing appetizer to grilled meats

**READY IN 20 MINUTES
(NOT INCLUDING CHILL TIME)
MAKES 6 SERVINGS**

- ½ cup orange juice
- 3 medium-size tomatoes, quartered
- 1 red bell pepper, quartered
- 1 cup sliced rhubarb
- ½ English cucumber, chopped
- ¼ cup fresh mint
- 2 garlic cloves, chopped
- 2 scallions, chopped
- 2 tablespoons red wine vinegar
- ½ teaspoon smoked paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons extra-virgin olive oil
- 3 ounces feta cheese, diced
- 4 tablespoons hemp seeds (hemp hearts)
- microgreens, optional



Place all the ingredients except the olive oil, feta cheese, hemp seeds and microgreens in a large blender container or food processor container and blend until smooth. With the machine running (on low speed if using a blender), slowly pour in olive oil through the feed tube until incorporated. Chill soup for at least two hours before serving.

Serve garnished with feta cheese, hemp seeds and microgreens, if desired.

NUTRITION FACTS (PER SERVING):
calories 137, total fat 10 g, saturated fat 2 g,
trans fat 0 g, sodium 311 mg, carbs 8 g,
fiber 2 g, sugar 1 g, protein 6 g

rhubarb gazpacho



roasted radishes with yogurt dipping sauce



As one of spring's first crops, radishes signal that more colorful days are afoot. **Their main nutritional highlight is an abundance of vitamin C, a vital nutrient shown to help improve breathing during exercise, which could make your sweat sessions seem less taxing.** Giving radishes some time in the oven serves to transform their flavor from peppery to delightfully sweet. Try serving alongside grilled fish.

READY IN 45 MINUTES MAKES 4 SERVINGS

- 1 pound medium-size radishes, trimmed and halved
- 2 teaspoons canola oil or grapeseed oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ cup plain yogurt
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon finely chopped dill
- 1 teaspoon lemon zest

- 🌱 Preheat oven to 400 degrees. Line a baking sheet with parchment paper. Toss radishes with oil, salt and pepper. Spread radishes out on baking sheet in an even layer and roast for 35 minutes, stirring once halfway, or until fork tender.
- 🌱 In a small bowl, whisk together yogurt, olive oil, dill and lemon zest.
- 🌱 Serve roasted radishes with yogurt dipping sauce.

NUTRITION FACTS (PER SERVING):

calories 78, total fat 6 g, saturated fat 1 g, trans fat 0 g, sodium 158 mg, carbs 4 g, fiber 1 g, sugar 3 g, protein 3 g

!
Don't overlook those edible (and nutrient-packed!) radish tops, which can be added to pesto, salads and other recipes. Consider radishes the perfect two-for-one vegetable.



! The earthy-sweet flavor of freshly picked peas quickly deteriorates after harvesting. Pop them out of their shells soon after purchase and get cooking.



seared scallops with pea-mint purée & fried shallots



Sure you can buy them frozen any time, but superior fresh green peas are coming into their peak, so grab them while you can. **Not only are the green orbs a good source of plant-based protein, but they also deliver laudable amounts of dietary fiber — 7 grams in each cup serving. By helping slow digestion and improve blood-sugar control, a high-fiber diet can help you win the battle of the bulge.** So shout out, More Peas, Please! They are perfect in pasta dishes, soups and salads, but peas also can be transformed into a vibrant purée for seafood.

READY IN 30 MINUTES MAKES 4 SERVINGS

- 2 cups fresh-shelled peas
- 1 garlic clove, sliced
- 1 cup lower-salt chicken broth or water
- 1 tablespoon fresh lemon juice
- salt and pepper to taste
- 1/3 cup fresh mint
- 3 tablespoons canola oil or grapeseed oil
- 1 cup thinly sliced shallots
- 1 pound sea scallops
- 2 teaspoons unsalted butter

✿ In a medium-size saucepan, bring peas, garlic and broth or water to a boil. Reduce heat and simmer covered until the peas are tender, five to eight minutes. Transfer mixture to a blender container along with mint, lemon juice, and salt and pepper to taste; blend until smooth. Cover to keep warm.

✿ Heat oil in a large skillet over medium heat. Add shallots, reduce heat to medium-

low and cook, stirring often, until golden brown, about eight minutes. Remove shallots from pan and place on a paper-towel-lined plate or cutting board to cool.

✿ Pat scallops dry with paper towel and then season with salt and pepper. Raise heat to medium-high and add more oil, if needed, to skillet. Place scallops in pan, making sure they are not touching. Allow to cook undisturbed until bottom edges are golden and they release easily, about two minutes. Gently flip scallops, add butter to pan and sear until browned underneath, about one and half minutes.

✿ Spread pea purée on serving plates and top with scallops and fried shallots.

NUTRITION FACTS (PER SERVING):

calories 232, total fat 6 g, saturated fat 1 g, trans fat 0 g, sodium 249 mg, carbs 21 g, fiber 4 g, sugar 6 g, protein 24 g

A person is running on a dirt trail, with their legs and feet visible. The image has a warm, golden-yellow overlay, giving it a bright, energetic feel. The person is wearing dark shorts and blue and white running shoes. The background shows a dirt path and some vegetation.

fresh air fitness

BY LARA MCGLASHAN, CPT, FITNESS EDITOR

A decorative blue dotted line that starts at the bottom left and curves upwards towards the right, ending near the bottom right corner of the page.

Two roads diverged in a wood, and I —
I took the one less traveled by,
and that has made all the difference.

— ROBERT FROST



TAKE TO
THE HILLS
TO BURN
MEGA-
CALORIES
AND GET A
RINGSIDE
SEAT FOR
MOTHER
NATURE'S
FINEST.



TRAIL MIX

Proper nutrition is essential when trail running, especially if you're planning a long trip. Here are some suggestions from endurance coach Amanda McIntosh to keep you energized for the duration:

Two to three hours beforehand:

Eat a combination of carbs and protein such as an egg and toast, and drink plenty of water.

During your run:

Consume one gel pack and 16 to 20 ounces of water for every 45 to 60 minutes of running.

Immediately post-run:

Use a recovery drink or a shake to replenish lost glycogen and begin the repair process.

One hour post-run:

Eat a solid meal that has carbs, protein, veggies and a healthy fat.

Spring has sprung and you're probably itching to get outside. What better way to enjoy the new green of nature and stretch your winter-weary muscles than with trail running.

A "trail" is anything off-road or unpaved, such as a singletrack through the mountains, a gravel path or wide dirt road. Some trails are steep and technical, while others are wide and meandering. There is literally a path for everyone to take, and this wide variety of terrain makes trail running the perfect activity for people of all levels and abilities. In addition, soft surfaces such as dirt, bark and grass are more forgiving than pavement and concrete, meaning less jarring of your joints and a decreased likelihood of injury.

Even regular runners can benefit from switching things up from time to time. "Trail surfaces are different than roads and require adaptation and specific training to excel," says Nancy Hobbs, founder and executive director of the American Trail Running Association and co-author of *The Ultimate Guide to Trail Running* (Falcon Guides/Globe Pequot Press 2010). "Many runners choose to think in terms of time on the trails versus distance since the terrain and elevation can affect the amount of time it takes to run a distance you could normally do quickly. Some trail runners even prefer to think in terms of vertical gain, especially if they are focused on uphill/ascending routes."

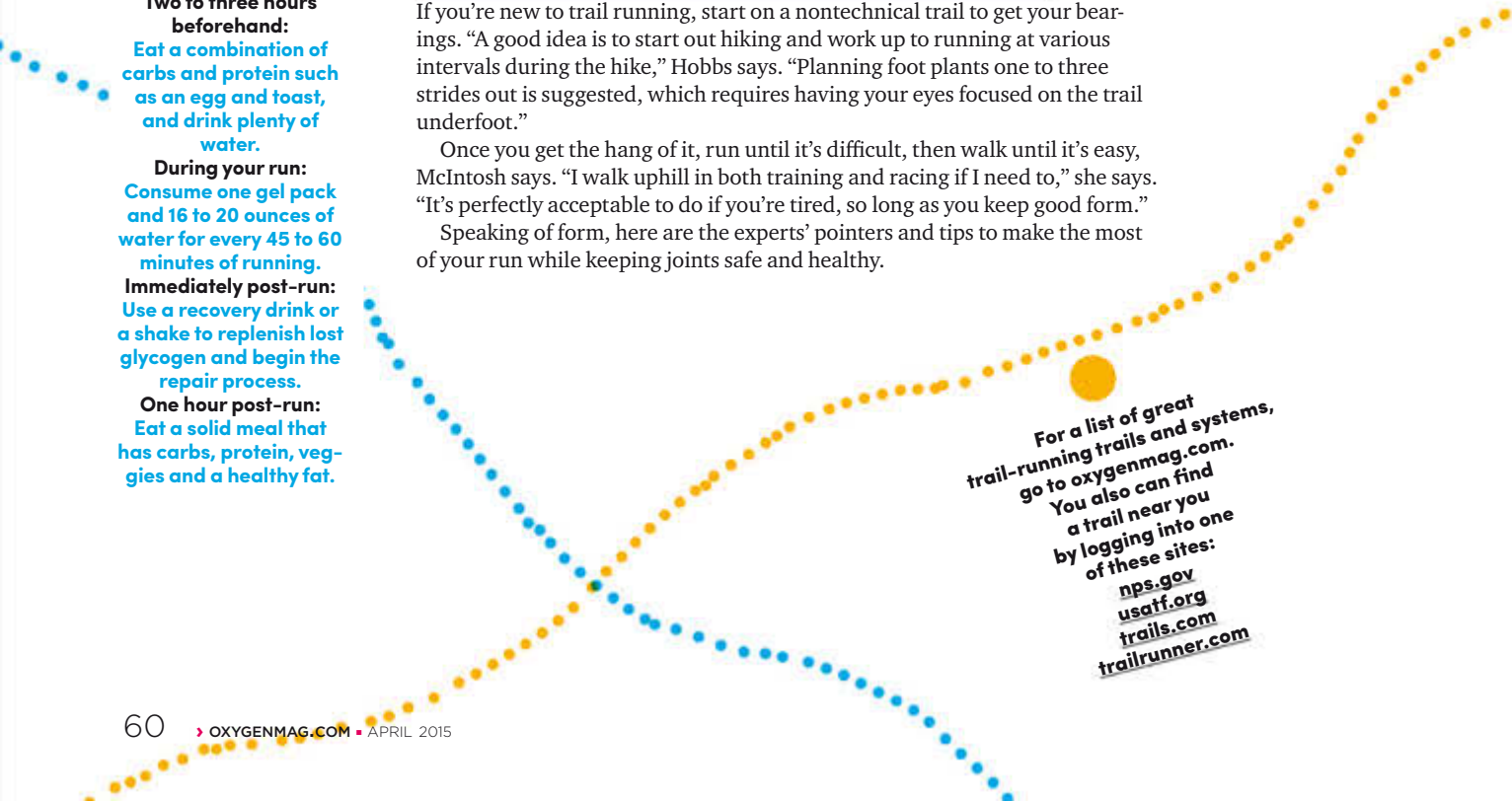
In addition, you move and think differently when running a trail versus the flat. "Side-to-side movements and avoiding obstacles utilize your muscles differently than road running," says Amanda McIntosh, endurance coach, professional ultramarathoner and two-time Leadville 100 champion. Whereas you may have a tendency to zone out on a treadmill in the gym, you need to be present and in the moment when trail running so as not to bite the dust — literally. "Look down at the trail and glance several meters ahead from time to time to see obstacles that are coming up," McIntosh recommends. "At first, this will be a tedious process, but as you get used to trail running, it will become natural and easy."

THE UPS AND DOWNS OF TRAIL RUNNING LIKE A PRO

If you're new to trail running, start on a nontechnical trail to get your bearings. "A good idea is to start out hiking and work up to running at various intervals during the hike," Hobbs says. "Planning foot plants one to three strides out is suggested, which requires having your eyes focused on the trail underfoot."

Once you get the hang of it, run until it's difficult, then walk until it's easy, McIntosh says. "I walk uphill in both training and racing if I need to," she says. "It's perfectly acceptable to do if you're tired, so long as you keep good form."

Speaking of form, here are the experts' pointers and tips to make the most of your run while keeping joints safe and healthy.



For a list of great trail-running trails and systems, go to oxygenmag.com. You also can find a trail near you by logging into one of these sites:

- nps.gov
- usatf.org
- trails.com
- trailrunner.com



safety first

Nothing is more important than being safe and properly outfitted in the wilderness. Use these tips to ready yourself for the challenge:

- Map your course ahead of time and share your plans to someone who is not going with you, especially if the trail is remote or lengthy. (Hello — did anyone see *127 Hours*?)
- Use sunscreen, even if you think you're going to mostly be in the woods. UV rays can still filter through the leaves and give you a nasty burn.
- If you're running in deep woods, use good bug spray to ward off mosquitoes, ticks and horseflies. Be aware of your surroundings and watch out for roots, rocks, water, slippery leaves and even wildlife!
- Purchase shoes specific to trail running, which have a lower profile for better balance, deeper treads for better traction and good drainage if you have to traverse water obstacles. (See "Sole Mates" for suggestions.)
- Use a hydration pack with multiple pockets to carry water, gel and fuel for your run, as well as extra clothing layers such as a jacket and hat if it gets cold and extra socks in case yours are wet or torn.
- Skip the headphones. You need to be able to hear other people or any animals in your vicinity.
- Consider the following optional gear: headlamp in case it gets dark, gloves for protection against rocks or in case of falls, and gaiters to keep scree and rocks from getting into your shoes.
- Pack out anything you take in. The wilderness should stay wild and free — free from litter or other no-nos. Be respectful of Mother Nature: Leave only footprints, take nothing but memories.

uphill ↑

- Take shorter, quicker strides, and lift your knees higher to move up the hill effectively.
- Use your arms to generate power and momentum.
- Keep your weight over your feet so you can react quickly and keep your balance as you navigate the trail.
- Lean into the hill about 10 degrees without hunching, keeping your abs tight and your focus forward.
- Step on your midfoot and roll through your toes as opposed to running on your tiptoes and burning out your calves.
- Allow your arms to flare out to the sides to help you maintain balance and allow for agility.
- Uphill runners should yield to downhill runners.

downhill ↓

- Don't slam on the brakes with each step; land on your midfoot instead of your heel to absorb the impact.
- Land with your knees slightly bent to prevent jarring and shearing forces.
- Battle your inclination to lean backward and instead lean forward from the ankles and let the hill pull you down.
- Your upper body should be perpendicular to the ground if not slightly ahead of your lower body.
- If the hill is super steep, use a slalom technique in which you leap gently side to side to maintain speed while preventing a fall.
- Focus ahead of you — not on your feet — to keep yourself upright and balanced. Imagine you're running on hot coals and keep your ground contacts quick and light.

3 »

MOVES TO GET YOU GOING

The trails can be tricky — prepare yourself for their rigors by adding these three moves to your workout program. Do three sets of 12 to 15 reps apiece, and use a moderately heavy weight for all three.

OVERHEAD SQUAT

Squatting with a weight overhead forces your core to work twice as hard while training the quads, glutes and hamstrings to be powerful.

Setup: Hold a medicine ball overhead with your arms straight and stand with your feet hip-width or slightly wider apart.

Move: Kick your hips back and bend your knees to squat down, keeping your arms straight with the plate/ball directly overhead and your weight in your heels. When your hip crease comes below your knee, drive through your heels to reverse the move and return to standing.

SINGLE-LEGGED CALF RAISE

Your calves and ankles need to be strong and flexible; this move trains them for both.

Setup: Stand with one heel hanging off the edge of a step or plate and your other leg lifted behind you, knee bent. Allow your heel to sink low, getting a good stretch in your calf.

Move: Slowly rise up through the ball of your foot and onto your toes, pausing a moment at the peak before returning slowly to the start. Do all reps on one side before switching.

RUSSIAN TWIST

Balance and agility originate in the core, and this move hones those muscles.

Setup: Sit on the floor with your knees bent and hold a medicine ball or plate at your chest. Balance on your tailbone and lean back slightly with a straight back and lift your feet off the floor, knees together.

Move: Moving your torso and arms as one unit, twist side to side and touch the ball down to the floor by your hip. Maintain an even pace and remember to breathe. ●



sole mates

Your shoes can make or break your trail-running experience. Here are three great models to consider when gearing up for your run:



» **Mizuno Wave Kazan:** These shoes provide flexibility, stability and grip with a cradle to stabilize the heel when landing and a midfoot "X-Groove" to enable independent movement of the heel and forefoot. **Retail: \$120**



» **New Balance Leadville Trail 1210v2:** These shoes are lightweight and flexible with a gusseted tongue to keep out dirt and rocks. They also include a sleek sock liner for optimal fit and comfort. **Retail: \$125**



» **Newton Boco AT:** Multidirectional lugs mean agility and traction in rocks, sand, rain and even snow. A closed-mesh upper layer blocks dirt and debris, and the sock liner is anti-friction and anti-bacterial. **Retail: \$130**

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protein

better?

By Linda Melone, CSCS
Your protein needs are a must to fuel your active lifestyle. Oxygen experts might make a better choice.





yes.

you know

you need protein to build muscle, boost your metabolism and keep hunger at bay. But the type of protein you choose also can play a factor in your success. Concerns over pesticides, antibiotics and the inhumane treatment of animals make a solid case for buying organic meat, poultry and fish. Now new research shows there's more to the argument if you're striving for a strong, lean body. It may be time to switch to organic protein to make the most of your hard-earned results.

For starters, pesticides and chemicals disrupt processes at your body's cellular level, down to the mitochondria, says Jonny Bowden, Ph.D., the "nutrition myth buster" and author of many books, including *The 150 Healthiest Foods on Earth* (Fair Winds Press, 2007). Mitochondria generate energy our cells need to do their jobs. "They're essential for every activity," Bowden says. "When there's a toxic overload in the system such as from pesticides, they disrupt the energy-making processes of the mitochondria." In addition, chemicals in the environment called "obesogens" may contribute to fat storage. "Obesogens molecularly mimic a hormone," Bowden says. "Called 'endocrine disruptors,' these impersonators can literally generate fat and create fat storage." So a diet high in chemicals and toxins from eating factory-farmed meat (which includes the majority of supermarket meat) can make it easier for your body to gain fat and may hamper your workout performance.

Evidence dating back to the 1970s shows a link between low-dose chemical exposure and weight gain in experimental animals. More recently, these "obesogens" have garnered increased attention and acknowledgment by the National Institutes of Health. Research suggests obesogenic compounds vary in how they work — some affect the size of fat cells, while others influence the number of fat cells and still others impact appetite, energy metabolism and satiety. For example, the chemical obesogen bisphenol A, found in the lining of canned goods, disrupts the signals controlling the number of fat cells produced and the uptake and storage of fat in those cells.

Choose grass-fed whenever you can, not just organic, Bowden says. "Organic meat simply means the cows were fed organic grain, which they shouldn't be eating to begin with since it makes them sick and they then require antibiotics." Look for the grass-fed label to ensure the product meets the criteria established by the American Grassfed Association. "They are not one and the same. Grass-fed is almost always organic, but organic is not necessarily grass-fed," he says. A step above organic, grass-fed meat contains less omega-6 fatty acids and higher levels of omega-3s, which are better for heart health. Research from California State University, Chico, shows grass-fed beef also offers higher levels of antioxidants, vitamin A and E, less cholesterol and twice the levels of conjugated linoleic acid, which has been shown to reduce body fat and increase muscle strength and endurance. The addition of chemicals, toxins and hormones disrupts everything, Bowden says. "Choosing better meat can result in better performance all around." Keep in mind you'll pay for the difference, however. Organic chicken ranges from \$2.69 to \$4.99 a pound compared to store-brand chicken at nearly half the price, about \$1.50 per pound.

"Grass-fed is almost always organic, but organic is not necessarily grass-fed."

Buying, cooking and storing organic meat

Always look for the organic seal and sell-by date when buying meat, chicken or fish, says Adin Langille, executive chef of David Burke fabrick in New York City. "Organic cuts are usually more flavorful and tender. I also prefer wild fish over farm-raised whenever I can because of the better nutrient content (higher omega-3s)," he says. "Check for discoloration and an off-odor before buying." Aside from the organic seal, you can tell farm-raised fish from wild fish by their fins, Langille says. "Farm-raised fish have small fins. Larger fins indicate it was out swimming in the wild." Store fresh meat and fish in the refrigerator for up to two days. For longer storage, use a vacuum sealer for airtight storage before freezing. Langille does not recommend freezing fish.

Preparing an organic steak takes some know-how. "Organic meat will be naturally leaner," says chef Ariane Daguin, co-founder and CEO of D'Artagnan, a gourmet purveyor of organic meats, game, poultry, truffles and more. "So you have to be careful of the cooking." Too much heat or overcooking quickly toughens the meat. Daguin recommends searing the outside of the meat or chicken (this also works with fish) to "seal" in the juices. "When you do that with any kind of meat, it ends up much moister," he says. Good cooking choices for using this technique include pan searing or grilling.

If you want to tenderize your meat and add flavor, a marinade might be just the trick.

Daguin suggests this soy and pineapple marinade:

- ½ cup soy sauce
- ½ pineapple juice
- 2 tablespoons sweet rice wine
- 1 tablespoon honey
- 1 tablespoon toasted sesame oil
- 1½ teaspoons minced garlic
- 1½ teaspoons minced ginger

What's on the label?

The green and white USDA Organic label indicates farmers and growers have met strict government standards. Here are important labeling facts to know when shopping for organic foods.

Labeling criteria of organic products are based on the percentage of organic ingredients they contain.

- **"Natural" (as in "natural beef")** This indicates that no chemical additives were added after the animal is processed but does not restrict additives used beforehand. The animal may be plumped up with hormones, grown on a pesticide-laden farm with fertilizers and still exhibit a "natural" label.
- **"100% Organic"** It must contain only organically produced ingredients.
- **"Organic"** It must contain at least 95 percent organically produced ingredients.
- **"Made with organic ingredients"** This denotes products containing a minimum of 70 percent organic ingredients.
- **"Grass-fed"** To meet the standards of the American Grassfed Association (which pertain only to beef, bison, goat, lamb and sheep), the animal must be fed only grass and forage from weaning until harvest, was raised on a pasture without confinement or feedlots, was never treated with antibiotics or growth hormones, and was born and raised on American family farms. ●

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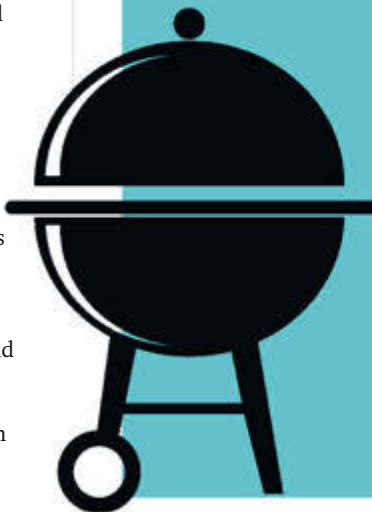
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Indoor Grilling Tips for a Perfect Steak

Next to an outdoor barbecue, indoor grilling is the next best thing for creating a delicious steak. Keep these tips in mind to get the most out of your organic beef. Expect a little smoke, so turn on your oven fan or open the windows.

● Steaks should be no less than an inch thick, says chef James Trees of Hutchinson Cocktails & Grill located in Los Angeles. "In order to grill, you have to create a crust. An inch and a half is perfect for NY steaks," he says.

- If you're using a George Forman Grill, preheat it according to manufacturer's directions. To preheat a stove-top grill, heat it until it's very hot; a flick of water should pop, bubble and instantly dissolve. Brush the grill with a light coating of oil to prevent sticking. Reduce heat to medium-high.
- Season the steak as desired. (Salt and pepper is enough.) Cook the meat on one side to create a crust. Leave it undisturbed for three to four minutes, then flip to cook the other side. Avoid flip-flopping it.
- Use a meat thermometer. FoodSafety.gov suggests an internal temperature of 145 degrees for steaks, roasts and chops, 160 degrees for ground meats and 165 degrees for chicken and turkey.



twenty five minutes to a lean body

Want to burn fat without losing muscle? Kettlebells are your new best friend.

BY ERIN CALDERONE, MS, CSCS



WORKOUT #1: This is a more traditional circuit. You'll do one move after the other with little or no rest in between, and you'll go through the routine three times to accrue the full 25 minutes. For an added challenge, never set the kettlebell down, even during the rest time, to amp up the intensity. This requires you to find unique ways to hold it while still giving your body some relief.

WARM-UP: Perform 10 reps each of the following exercises with a light kettlebell: goblet squats, halos and kettlebell swings. Go to oxygenmag.com for exercise descriptions and photos.

MOVE

snatch
turkish get-up
tactical lunge
single-arm bottoms-up squat
walking renegade row
windmill
rest

REPS

5 each side
3 each side, alternating
8 each side
5 each side
10 total, alternating sides
5 each side
1 minute

Although it has technically been around for more than three centuries, the kettlebell has increased in popularity in the past decade — and science is just catching up. Recent research has shown that just 10 weeks of kettlebell training can increase strength and power by up to 30 percent, making kettlebells the perfect addition to your workouts.

"With kettlebells, it's easy to achieve a desired heart rate and make changes in movements to keep boredom out of the equation," says John Devitt, an RKC- (Russian Kettlebell Challenge) certified instructor and owner of CrossFit Kalos Sthenos in Santa Clarita, Calif. "And high-intensity kettlebell circuits are a great way to cut body fat without losing muscle."

Indeed, research shows that these circuits have the potential to cause beneficial cardiovascular adaptations in the same way that traditional cardio does while also developing muscular strength and endurance. In fact, according to one study, you could swap out your daily treadmill sweat session with 20 to 30 minutes of kettlebell work and save your muscle mass while torching major calories.

So whether you are trying to get Olympic-worthy glutes, improve your vertical jump or kill some major calories, reach for this classic Russian tool to get the job done. Your new best friend won't disappoint.

THE PLAN

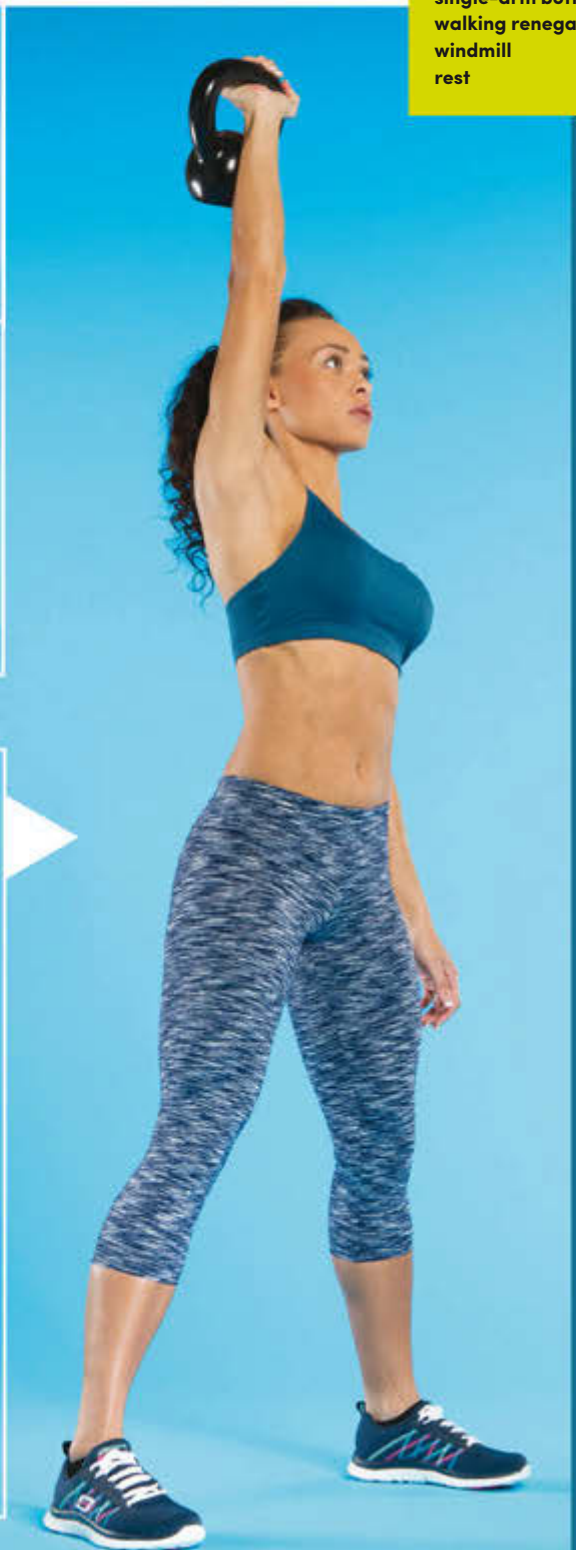
The following program organizes six kettlebell moves into two 25-minute fat-burning sessions. Choose a pair of kettlebells of the same weight that you can use for most exercises, most likely between 12 and 20 kilograms. Do these workouts up to twice a week apiece, leaving at least one day in between for full recovery.

SNATCH

Setup: Stand behind a kettlebell with your feet wider than your shoulders and your hips and knees slightly bent. Bend at the hips with a flat back and reach down to grasp the kettlebell with one hand, abs tight.

Move: Keeping your back flat, swing the kettlebell back and up between your legs. Then quickly snap your hips forward to drive the kettlebell forward and upward. As soon as it comes above your shoulder, punch your arm up to the ceiling and allow the kettlebell to roll softly to the backside of your wrist in the "catch" position. Pause a moment, then swing the kettlebell back forward and down between the legs for the next rep. Do all reps on one side before switching.

Tip: Don't muscle through this move with your shoulders. All the power for this move comes from the hip snap, similar to a kettlebell swing.





Tip: Practice this move with lighter weight until it flows easily and you feel stable and strong in each phase.

TURKISH GET-UP

Setup: Stand with the kettlebell in your left hand, arm extended overhead with the kettlebell resting on the back of the forearm, wrist straight. Look up toward your hand, set your shoulder down into your back and brace your core.

Move: Step back with your right foot into a reverse lunge, dropping your right knee to the ground, then pivot that knee out to the side 90 degrees. Drop your right hand down just outside your right knee and bridge your hips as you extend your right heel in front of you. Sit and then slowly roll down along the ground until you're lying completely flat with your left knee up and your left arm and kettlebell extended over your chest. Reverse each phase to return to standing and complete one rep. Continue, alternating sides.



WORKOUT #2: This is a two-parter: 10 continuous minutes of Turkish get-ups, followed by a two-minute Tabata finisher, which is repeated four times. For the Turkish get-up, start with a light weight until you get the hang of the move, then increase your poundage. For the Tabata portion, pick a kettlebell that is slightly lighter than one you would use for a strength workout because the last few rounds will be a bear.

WARM-UP: Perform 10 reps each of the following exercises with a light kettlebell: goblet squats, halos and kettlebell swings. Go to oxygenmag.com for exercise descriptions and photos.

MOVE

turkish get-up

TIME

10 minutes, alternating sides

REST

as needed

TABATA FINISHER

tactical lunge

20 seconds

10 seconds

single-arm bottoms-up squat

20 seconds

10 seconds

walking renegade row

20 seconds

10 seconds

windmill

20 seconds

10 seconds

rest

1 minute

Recent research has shown that just 10 weeks of kettlebell training can increase strength and power by up to 30 percent.



Tip: You will have to lunge deeply in order to have enough room to pass the kettlebell under your legs.

TACTICAL LUNGE

Setup: Stand tall and hold a kettlebell in your right hand at your side.

Move: Step back with your right leg into a reverse lunge. Pass the kettlebell under your left thigh to your left hand. Drive through your left heel and glute and bring your right leg back underneath you to return to standing. Continue, alternating sides.

WHAT'S THE DEAL?

If you're a free-weight fan, you might be wondering: What is the difference, really, between dumbbells and barbells and kettlebells? All three are beneficial for building lean muscle and increasing strength and power, but kettlebells might have an edge when it comes to fat burning and core control.

A study published this year in the *Journal of Strength and Conditioning Research* compared a kettlebell metabolic circuit — similar to the workouts in this article — with walking on an incline on a treadmill. While the two activities tied for overall calorie burn, the kettlebell circuit felt more difficult to participants and actually caused their heart rates to run higher than when on the treadmill.

The design of the kettlebell

also provides a unique challenge: Instead of the resistance being balanced on either side like with a dumbbell, the ball of the kettlebell hangs lower than the handle, putting the weight behind the forearm when held in the racked or “catch” position. Because the weight is behind the forearm, power moves like cleans and snatches become more natural and fluid, according to Devitt, and the pull of gravity is centered down the arm through the shoulder and core instead of being displaced on either side of the handle like with a dumbbell. Furthermore, Canadian researchers found that the “bottoms-up” kettlebell position requires an even higher activation of grip and core muscles, making it one of the best ways to engage your entire body all at once.

SINGLE-ARM BOTTOMS-UP SQUAT

Setup: Stand with your feet hip-width apart, feet turned out about 10 degrees. Hold the kettlebell in your right hand in a bottoms-up position so the bottom of the kettlebell faces the ceiling. Keep the left hand close by to help spot it, if needed; otherwise, extend your arm out to the side.

Move: Kick your hips back and squat down until your thighs are parallel to the floor. Drive through your heels to return to standing. Do all reps on one side before switching.



Tip: For more intensity, add a shoulder press by driving the kettlebell overhead as you return to standing.



WALKING RENEGADE ROW

Setup: Get into a plank position with your hands on top of two kettlebells. Your body should form a straight line from head to heels, and the kettlebells should be directly beneath your shoulders.

Move: Drive your right elbow up and back to row the kettlebell up toward your body while maintaining a straight torso. Slowly set it down 1 to 2 inches in front of the starting position. Continue rowing and moving forward, alternating sides, and walking your toes forward as you go.

Tip: Make sure your weight is stable on the supporting arm and kettlebell before lifting the other one up.



Kettlebells with wide, flat bottoms are ideal for this move because they won't rock or tip when supporting your bodyweight.

WINDMILL

Setup: Stand with your feet shoulder-width apart, left leg turned out slightly and right leg pointing forward or slightly left. Hold the kettlebell in your right hand straight up over your shoulder, resting the kettlebell on the back of your forearm, wrist straight. Turn your head to look up at the kettlebell.

Move: Kick your right hip to the side, then drop slowly toward your left ankle, reaching your left fingertips toward the ground. Keep your eyes on the kettlebell and your right arm perpendicular to the floor at all times. Once your fingertips touch the floor, use your hips and core to reverse the move and drive your body back to standing. Do all reps on one side before switching.

Tip: If your hamstrings are tight, bend your knees slightly to be able to reach the ground. ●



9 SECRETS of the super motivated

**STEAL THESE TRIED-AND-TRUE MOTIVATION TIPS AND
NEVER LOSE YOUR FITSPIRATION AGAIN** By Allison Young

[Finding motivation can feel like finding your headphones in a bottomless gym bag. You blindly dig and dig — you know they're in there somewhere — but keep coming up empty. So we asked those seemingly effortless exercisers, the ultramarathoners, trainers, dietitians and exercise physiologists, who seem to have motivation on speed dial, how to hack it, hone it and own it. Turns out, motivation is not only way easier to find than those earbuds, but it's also easier to untangle. Read on for their advice.



EVERYONE NEEDS A KILIMANJARO

"I hit a lull in my mid-40s. I was training Jessica Biel for *The A-Team* movie, and she was signed up to hike Mount Kilimanjaro for her charity. I hate outdoors stuff, but I signed up. Turned out, I so needed that moment to get me back on track. It pushed me in the gym in whole new ways, and when I accomplished it, I was empowered to try more unusual things. It got me on the road traveling and doing retreats, and now everywhere I go, I try something new, whether it's camel riding in Egypt or a dance class. If you're really feeling like nothing's working motivation-wise, you have to step into that 'I-could-never-do-it-but-I-could-do-it' zone and amazing things will happen."

— **Ramona Braganza**,
celebrity trainer and
creator of the 321
Training Method



SUCCESS FEEDS MOTIVATION

"I live by the motto 'something is better than nothing.' Yesterday was a great example: I was planning to do a long workout that ended up not happening because of meetings, but I still jumped into the gym and did 15 minutes. It counts because 15 minutes of physical activity is better than sitting. It also counts because it means I didn't skip a workout, it means I exercised regularly this week, and it helps reinforce that habit and routine. Doing exactly what I committed to do boosts my mood and motivation to continue. I am on track, in control and making progress, and it feels good. No matter what, I can make it work if I follow this motto."

— **Chris Jordan**, director
of exercise physiology at
the Human Performance
Institute and creator of
the 7-Minute Workout



THE ULTIMATE "PRESCRIPTION" FOR MOTIVATION

"No. 1, get off your couch. No. 2, start moving. No. 3, smile. No. 4, keep moving. No. 5, keep smiling. No. 6, repeat daily. The truth is that being active is a behavior pattern: Once you start it, you keep going and going, and then it just feels wrong to stop moving."

— **Dr. Jordan Metzl, M.D.**, sports medicine physician, fitness instructor, 32-time marathon runner, 12-time Ironman finisher and author of *Dr. Jordan Metzl's Running Strong: The Sports Doctor's Complete Guide to Staying Healthy and Injury-Free for Life*

SILENCE STICKING POINTS

"Bolster your willpower in tough times. A lot of research shows that if blood-sugar levels dip, willpower takes a severe nosedive. That's why when you go too long without eating, you'll overconsume whatever is around you. Curb this by having a piece of fruit with nut butter or Greek yogurt with fruit. The same thing has been shown with a lack of sleep. That's why I try to get enough sleep, and on those days I don't, I make sure I start out the day right with a protein-rich breakfast to help reduce those sweet cravings."

— **Julie Upton, MS, RD**, athlete and co-author of *The Real Skinny: Appetite for Health's 101 Fat Habits & Slim Solutions*



DON'T GIVE THAT NEGATIVE VOICE THE TIME OF DAY

"You have to have tunnel vision and not think sometimes. Like the other day: I really didn't want to go to the gym, but I knew if I went through the motions, I'd eventually get there. I just have to get up, get moving and get my stuff together, and if I can make it to the car, I think I'm good. We all know how to put ourselves on autopilot, so get out and do it!"

— **Toni Carey**, co-creator of *Black Girls Run!*

GIVE YOURSELF A PEP TALK

"Some of the hardest moments for me are being out at mile 87 of 100 miles. My legs hurt and all I want to do is lay down. What gets me across the finish line? A lot of self-talk: *Holly, pull it together, you can do this! Look how far you've come!* When you believe in yourself, the motivation comes second nature."

— **Holly Miller**, personal trainer, coach, yoga teacher, stationary cycling instructor and ultramarathoner who has completed two Ironman triathlons and has run more than 50 marathons





CHANGE YOUR STATE, CHANGE YOUR LIFE!

"When I'm unmotivated, feel bad about my body or not proud of myself, if I make myself of service to somebody else — *How can I support you, how can I lift YOU up* — I hear myself saying all the things I need to hear. I change my own state. Even when you feel low, if you can go and offer help to someone else, if you can be of service, that is the quickest way to change your state."

— **Kiya Knight**, creator of Weightless and Air Bar, certified personal trainer and fitness instructor

CHECK MOTIVATION OFF THE LIST

"I'm a check-it-off-the-list kind of girl! I write everything I'm planning to do that day in a little book: Work out, take SLT, go to yoga. That's a great motivator because I don't like going to bed without almost everything from the day crossed off."

— **Amanda Freeman**, founder and owner of New York City boutique fitness studio SLT (Strengthen, Lengthen, Tone)



TO ERR IS HUMAN, TO FORGIVE IS MOTIVATING

"If you stray, whether it's eating something you shouldn't have or skipping a workout because you're tired, be forgiving. When you start being hard on yourself, it takes the fun out of it, which is a sure way to zap motivation."

— **Katie Warner Johnson**, dancer and Physique 57 trainer and co-founder of activewear site Carbon38

sexy

abs & glutes

2014 Olympia Bikini champion
Ashley Kaltwasser

BY LARA McGLASHAN, CPT, FITNESS EDITOR ■ PHOTOGRAPHY BY CORY SORENSEN



At Oxygen, we hear a lot of questions (and complaints!) about glutes and abs, glutes and abs, glutes and abs. For women, getting these two parts in shape is often synonymous with joy, but of course they are also the two most confounding parts and are notoriously stubborn and uncooperative.

To help decode the mystery of getting great glutes and fab abs, we turned to 11-time IFBB Bikini champion and resident glute/ab queen Ashley Kaltwasser. She opened up her top-secret training log to us and shared her best training tips for each part, some key nutritional tidbits, and six of her all-time favorite moves for building and shaping these obdurate parts. Use her advice to get your own best body, and make your abs and glutes the envy of your gym.

shares her secret formula.

abs

my top tips for training abs

- 1) Don't do your ab moves mindlessly. Really think about the movement you're doing and connect mentally to your muscles with each rep. That makes a huge difference in intensity, especially if you squeeze and hold each rep for a second or so.
- 2) Don't be afraid to use weights for ab training. Plates, light dumbbells and even ankle weights are great to increase the challenge and make an old, easy move new and exciting again. I like to use ankle weights for lower-ab moves like leg lifts or my flutter kicks.
- 3) Train all parts of your abs each time you work out and use different movements that hit the obliques, upper and lower abs, and your transverse abdominis. Go online and do a search for "unique ab moves" and you'll come up with a ton of new ideas for all the muscles involved.
- 4) Hold your abs tight and contract them when you're doing other movements, whether it's a squat or a triceps pressdown. This helps strengthen your entire core while helping support and stabilize your spine when you're lifting heavy weight.
- 5) Use a slow and steady speed with full range of motion to make the most of each ab move. Cheating your reps or doing them at warp speed doesn't do anything for development and could put your spine at risk.

my favorite ab moves

ab mini-workout

exercise	sets	reps/time
stability-ball pass-through	4	12
flutter kick	3	45 seconds
v-up	3	15-20



Tip: As you're passing the ball to your feet or vice versa, do a little crunch with your upper and lower bodies to increase the intensity.



stability-ball pass-through

- **Setup:** Lie faceup and hold a stability ball with both hands overhead so it's touching the ground behind you. Extend your legs away from you in a V.
- **Move:** Simultaneously lift the ball and your legs so they meet in the middle over your hips. Pass the ball from your hands to your feet, then lower your arms overhead and your legs toward the floor until the ball touches down. Then reverse the move and pass the ball back to your hands to complete one repetition.

birth date: **November 22, 1988** • birthplace
and current residence: **Akron, Ohio**
• height: **5'5"** • weight: **contest 122;**
offseason 128 • contest history **2014 Bikini:**
Power Pro Show, Russia, first; Korean
Grand Prix, first; Olympia, first
• sponsor: **Gaspari Nutrition, Muscle Egg,**
Better Bodies • website: **ashleykfit.com**
• twitter/instagram: **@ashleykfit** • facebook:
bikinioproashley

my weekly training split

flutter kick

- **Setup:** Lie faceup on the floor with your legs extended straight, toes pointed. Place your hands underneath your hips for support and lift your legs so they're about 6 inches off the floor.
- **Move:** Quickly kick your feet up and down, using a small range of motion and remembering to breathe. Continue for the duration of time allotted.



Tip: The lower your feet are to the ground, the more challenging the move becomes.

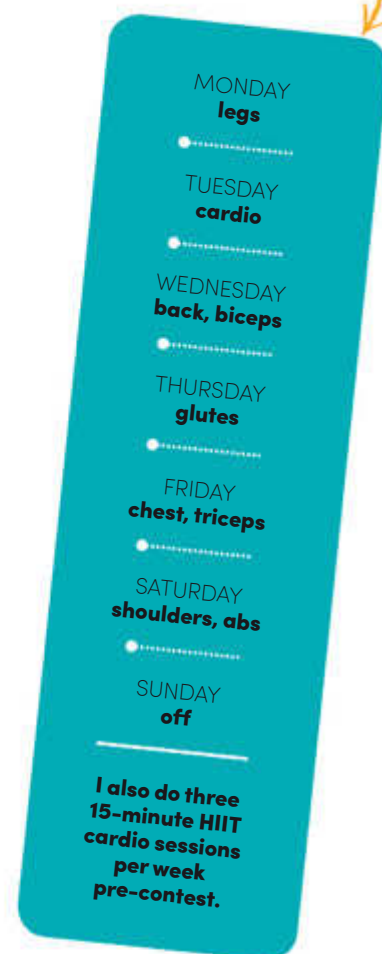


Tip: To make this move easier, do it with your knees bent and your arms reaching to the outside of your legs.



v-up

- **Setup:** Lie faceup on the floor with your arms and legs extended.
- **Move:** Simultaneously lift your legs up (together and straight) as you reach your hands for your toes, meeting in the middle, balanced briefly on your tailbone. Slowly lower to the start and repeat right away.



my favorite glute moves

glutes

my top tips for training glutes

- 1) Always have your weight in your heels. This helps take away the engagement of your quads and shifts the work to the powerful muscles in your glutes instead. During movements like squats, you should be able to lift your toes off the ground at any time during a rep.
- 2) Pre-exhaust your glutes with some resistance-band work or isolation movements, such as my banded fire hydrants, before tackling the bigger moves like squats and lunges. That way they have to work harder to lift a weight that might not normally feel very heavy.
- 3) Incorporate plyometrics into your leg training. Explosive moves like jump lunges, pop squats and speedskaters require the power of the glutes to propel your body into the air.
- 4) Work all sides of your glutes with multidirectional exercises — front lunges, side lunges, skaters, donkey kicks, bridges. Use everything in your training arsenal and keep changing it up to keep progressing.
- 5) Make your cardio glute intensive. Put an incline on the treadmill, do sprints on a track or use the StepMill. Also, one of the best cardio machines for glutes is the rowing machine, which requires the legs to push explosively to initiate the row. Watch a YouTube video on rowing form, then do some intervals on the rower at your gym after your leg workout.

glute mini-workout

exercise	sets	reps
stability-ball lower-body extension	3	20
jumping lunge	3	10 each side
fire hydrant	3	20 each side



Tip: To hit your glutes from a different angle, try lifting your legs in a V position. (See Page 79.)

stability-ball lower-body extension

- **Setup:** Lie facedown on a stability ball and roll forward so your hands are on the floor in front of you and your hips are fully supported on the peak of the ball, legs together, abs tight.
- **Move:** Lift your legs up into the air as high as you can and pause. Hold yourself steady with your hands and abs. Slowly lower to the start and repeat right away.

Tip: Your front knee should always stay over your toes to protect your joints, and you should always land softly and absorb the impact.

jumping lunge

• **Setup:** Take a wide split stance — one foot forward, one foot back — with your hands on your hips.

• **Move:** Bend both knees to lunge down, then extend them quickly and jump up as high as you can, switching legs in midair to land with your opposite leg forward. Immediately bend both knees to go into your next lunge and continue, alternating sides.



fire hydrant

• **Setup:** Get on all fours and wrap a resistance band around your working leg just above your knee. Make sure your back is flat and your head and spine are neutral.

• **Move:** Lift your banded leg up and to the side, keeping your knee bent 90 degrees and lifting to hip level and your weight distributed evenly between your hands and knee. Pause at the top, then slowly lower to the start, resisting the pull of the band as you return. Do all reps on one side before switching. ●

Tip: Keep your hips square and steady as you do your reps, and don't let your back sway.



Want to read more about Ashley Kaltwasser and what she's up to? Go to oxygenmag.com and check out her top nutrition tips, as well as six more of her fave moves for glutes and abs!

all about that bass



You've got a hardcore gym session scheduled tonight — but you're not feeling the love. The solution? Crank up your iPod for a better workout. That's the result of a recent study that examined music's impact on HIIT, or high-intensity interval training. "Our focus was to look at the psychological implications of music ... given how intense [HIIT] is, could music make it more psychologically enjoyable and could it also enhance physical output during the HIIT protocol?" asks author Matt Stork, a Ph.D. student at McMaster University in Canada. "We found that moderately active people who listened to self-selected music during HIIT not only enjoyed the exercise more, but they worked harder physically, as well."

¶ Research has proven that music doesn't just reduce your perceived exertion or your sense of how hard you're working — it can actually lead to a more intense workout (and more calories burned overall). Here's the scoop on how music affects your workout — and how to use music to get more from your time in the gym.



MUSIC'S IMPACT ON OVERALL HEALTH

Music doesn't just affect your workouts; it can have a positive impact on your overall health, as well.

Consider music's proven benefits from recent research:

- Music decreases systolic and diastolic blood pressure, and heart rate.

- Playing music helped stroke patients more quickly recover their verbal memory and focused attention.

- Music is an effective way of lessening anxiety pre-surgery.

- Music can help reduce pain and ease depression.

Music: A Compelling Distraction

Dr. Costas Karageorghis, a professor in sport psychology at Brunel University London, has been studying music's impact on exercise performance for years. "One of the most important findings from our body of research is that a well-selected playlist can modulate how you feel even at relatively high exercise intensities," Karageorghis says. "This means that at intensities at which people are likely to derive significant cardio-respiratory benefits, music has the power to help them deal with the characteristic discomfort associated with working hard."

How does music do this? In short, by distracting you. "The mediator between the workload people put into the exercise and the feeling of exertion [they have], is the level of attention," says Gershon Tenenbaum, Ph.D., a professor of sports and exercise psychology at Florida State University. When you're exercising at an easy or moderate pace, you may daydream or veg out. Take it up a notch, though, and you'll be more aware of what's happening inside your body and less likely to be distracted from the effort, or pain, you're starting to feel.

But the latest research, like Stork's study, shows that music can help boost performance even at high-intensity efforts. And it helps boost mood, as well — in Karageorghis' stud-

ies, music was found to lift mood by between 10 to 15 percent compared to working out sans tunes. "A suitably motivational playlist can help to 'color' the symptoms of exercise-related fatigue, like breathlessness and a beating heart, in such a way that they are interpreted in a more positive manner," he says. That means you may finish your Tabata workout feeling empowered and exhilarated, not exhausted.

Power Up Your Playlist

So now that you know how music can affect you, how can you make the most of it? First, be sure to choose music you like. Studies show that people who use self-selected music (as opposed to having music chosen for them) report a more positive experience during and after exercise, Tenenbaum says.

Creating different playlists can help you achieve your goals, as well. "Always try to marry your playlist with the nature of your workout and the mental state that you wish to achieve," Karageorghis says. He suggests fast, rhythmical, bass-driven music to psych yourself up before a weight-training session, for example.

While the melody catches your attention, the rhythm, or beat, of the music is particularly important in terms of motivation. Music that is between 125 and 140 BPM, or beats per minute, is your best bet for continuous activity. (Meghan Trainor's *All About That Bass* clocks in at 134 BPM.) If you're warming up, cooling down or stretching, choose music with a slower tempo, like 80 to 115 BPM.

Wondering just what tempo your favorite song is or searching for new and motivating playlists? Check out Spotify, who Karageorghis consults for. "Spotify is a great resource for users looking to power up their workouts," he says. "You can easily find curated playlists for workouts ranging from yoga to cycling to Tabata, or you can build your own perfect workout playlist from Spotify's 30 million-plus tracks."

Looking to boost your workout even more? Choose a song with a slightly higher BPM than you usually listen to, Karageorghis suggests. You'll work harder but with a minimal difference in effort.

But while music is a great addition to your workout, opt for music-free sessions, as well, a third of the time. "Like any mild stimulant or mood-altering substance, the effects of music are reduced with prolonged and consistent use. Therefore, it's important to not use it on occasion," Karageorghis says. Tuning in to your body, not your playlist, will help you focus on getting the body you want. ●



Click on oxygenmag.com for more information about playlists.

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After almost forty years in a "training bra," I have filled a B-cup in only 6 weeks... — LL

I had to cut back on the amount of [ABT] I was using because I got tired of buying larger bras. — MR

My girlfriend asked me if I had breast implants. I told her no, that I was using [ABT]. My breast are plumping up and coming out of my bras at the top. — PW

My PMS breast pain and swelling was so bad that I could not stand to touch my breasts and even the shower hurt. Now after using [ABT] I have no pain. — EA

[I] have had a patient on [ABT] with amazing results! She is 40 with three children and a 120 lb weight gain from the last child. After losing that weight, she had drooping ... [with] her breasts. [After 3-4 months of ABT] she has increased firmness [and] size... I AM AMAZED! - JS, Clinical Pharmacologist

I suffered from post child/weightloss boobs ... I am ordering round 2 of treatment and am completely satisfied as is my husband. It is nice to have firm/lifted breasts.... a great alternative to surgical breast enhancement! — SD, Personal Trainer

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[oxyvoices

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**BLOW OFF STEAM
BY BLOWING OFF
SUGAR!**

**"Dropping sugar
yields the greatest
positive benefits to
health, waistlines,
emotional and
mental wellness,
and energy levels."
— Tosca Reno, Raise
the Bar, Page 94**

Your 7-day super plan

For the past 10 years, celebrity trainer Ashley Conrad has used her simple but effective workout on some of the hottest A-listers in Hollywood. She shares her exclusive plan to get you in shape ... fast!

By Diane Hart, Editor-in-Chief



➔ If you want to get shredded and time is an issue, celebrity trainer Ashley Conrad may just be who you want to call. Her Clutch Bodyshop workout has whipped the likes of Bradley Cooper, Kate Hudson and Penélope Cruz into shape. “While simple on paper, this workout is one of the most effective methods of training I’ve found for transforming the body in a very short period of time,” Conrad says. “It burns hundreds of calories, sends metabolism through the roof and engages every muscle of the body — no fancy gym equipment needed!”

Asked what the best advice is if you want to get into shape in a short time, Conrad is unequivocal: “Do whatever it takes to stay focused.” She adds that if you have a weakness for junk food, avoid situations in which you’ll be tempted. And get a workout buddy to keep you accountable. “I’ve also found that keeping a visual reference in your home and work to remind you of why you are doing what you’re doing is a powerful weapon,” she says.

PHOTO (LEFT) BY DOVE SHORE • PHOTO (RIGHT) COURTESY OF ASHLEY CONRAD



YOUR TRAINING PLAN

Do the following moves four days every week. On the other two days, do 20 minutes of intervals split into two 10-minute segments: Alternate one-minute sprint, one-minute recovery (for 10 minutes), followed by 10 minutes of steady-state cardio (running, cycling, swimming).

- * 10 Burpees
- * 10 Double Punches + Push-Ups
- * 10-Yard Shuttle Drill
(Sprint 10 yards, touch the ground, sprint back, touch the ground, repeat. Do three times.)
- * 10 Mountain Climbers (each leg)
- * 10 Pull-Ups (Use a resistance band for assistance.)
- * 10 Reverse Lunge Kicks (each leg)
- * 10 Russian Twists (each side)

Repeat three to five times in each session and no rest between exercises. clutchbodyshop.com

YOUR FOOD PLAN

When it comes to food, Conrad chooses wisely. "I like to keep things super simple and fuel the body with foods that have a high thermogenic effect on the body," she says. "The Clutch Metabolism Tea in the morning gets the metabolism going with ginger and cayenne, while lemon works to eliminate toxins that slow metabolism. The guilt-free, gluten-free pancakes or waffles fuel the body with 13 to 21 grams of plant-based protein."

Front-load your carbs!

"I never pull carbs from the diet, however. I do front-load carbohydrates so that you get the majority of them during the first part of your day, which is generally the most active," she says, explaining that if your workout is later in the day, you must include carbs. "By giving your body carbs postworkout, it spikes insulin levels and drives nutrients into muscles — this action accelerates the body's ability to tighten, tone and build lean muscle."

Stick to it!

To make it work, you need at least one month of dedicated focus. "After an initial four-week period, I tell people to have one cheat meal per week. Outside of that, if you want it to work, you need to keep to the plan," Conrad says.

UPON WAKING

- Clutch Metabolism Tea

Meal 1

- Clutch Bodyshop Protein Pancakes or Waffles

Meal 2

- Handful of raw almonds
- ½ organic apple

Meal 3

- 3.5 ounces lean protein
- ⅓ cup complex carbohydrates
- 1-2 cups kale
- 1-2 tablespoons healthy fats

Meal 4

- 3.5 grams lean protein
- 1-2 cups vegetables
- 1-2 tablespoons healthy fats

Preworkout

- 1 scoop Clutch Workout Powder
- 2 capsules Clutch Fat-Burner

Postworkout

- 1 scoop Clutch Protein Powder mixed in 8 ounces cold water or unsweetened almond milk + 8 ounces coconut water

Postworkout

- 3.5 ounces lean protein
- ½ cup complex carbohydrates

RECIPES

Clutch Metabolism Tea

- 8 ounces hot water
- 1 teaspoon ground ginger
- ½ squeezed organic lemon
- pinch cayenne pepper

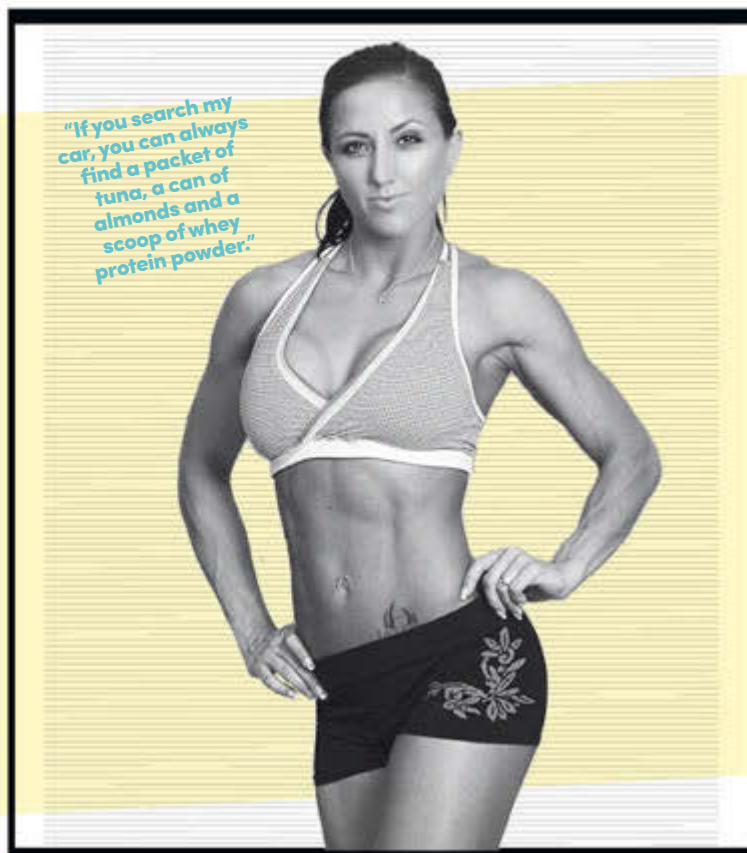
Clutch Bodyshop Protein Pancakes or Waffles

In a mixing bowl, combine the following ingredients:

- 1 level scoop Clutch Bodyshop Baking Mix
- 1 whole organic egg or soy-free, vegan egg replacer
- 2 tablespoons instant oatmeal
- 1 teaspoon flaxseed or chia seed
- ½ cup unsweetened almond milk

Cook as you would any other pancake or waffle. Top with 1 tablespoon coconut oil and drizzle organic agave syrup (equivalent to 1 teaspoon).





Smart choices

Jena Weiss builds an amazing physique on the foundation of numerous small daily decisions. **By Maura Weber**

→ NPC National Figure competitor Jena Weiss says her nutrition philosophy is always evolving. “I grew up on fast food and junk food and played a ton of sports, so I didn’t really understand the importance of good nutrition until I got older,” she explains. “It wasn’t until college that I began seeking knowledge about clean eating.” That’s also the time when she developed a love of weight training. “I had the false belief that lifting would make me bulky,” says Weiss, a Top Secret Nutrition spokeswoman. “College was my first exposure to a structured strength-training program and the positive effects it can have on not only health and performance but aesthetics, as well.”

She explains that firsthand experience has been a big part of her fitness education, and she also credits the inspiration she has gotten from *The Compound Effect*, a self-help book by Darren Hardy. “With consistent healthy choices, we can allow ourselves the flexibility to indulge in moderation,” she says. “I believe we are the result of small consistent choices we make each day.” Making healthy choices at home is made a little easier for Weiss because her husband, Sonny Weiss, a merchant marine, shares her love of fitness and competes as a bodybuilder. The two of them move often because of his job, but they’re primarily based in Port Saint Lucie, Florida, and Oxford, New York.

Weiss says planning ahead is what makes rigorous pre-contest dieting possible for her. “If I’m not prepared and I’m hungry, game over! On the other hand, if my food is prepared and with me, I have no problem staying on track.” She makes sure to have some protein snacks ready on busy days. “I love to cook up egg-white muffins and mini protein

pancakes ahead of time so they’re ready to grab in case I’m in a pinch,” she says.

Another of her nutrition secrets is plain Greek yogurt. “Sweetened with a little stevia and fruit or unsweetened cocoa powder, it’ll satisfy even the most stubborn sweet tooth,” she says. “I’m a foodie at heart, so for me, it’s all about getting creative and finding healthy ways to recreate my otherwise not-so-healthy faves.”

JENA’S TYPICAL ONE-DAY MEAL PLAN

- **Breakfast:** 3–4 egg whites, ½ cup oats with cinnamon and stevia
- **Snack** (postworkout): Top Secret Nutrition whey protein shake and either ½ cup dry oats or 14 almonds
- **Lunch:** 3–4 ounces albacore tuna, either 2 cups romaine lettuce with veggies and balsamic vinegar or ½ cup brown basmati rice
- **Snack:** 3–4 ounces grilled chicken, either 1 cup green veggies or ½ sweet potato
- **Dinner:** 4–5 ounces orange roughly, 1 cup veggies
- **Late-night snack:** Creamy TSN whey protein shake (tastes like ice cream) topped with a little whipped cream!

JENA’S FAVORITE TOP SECRET PRODUCTS

* Cardio Igniter

“I love the clean energy feel!”

* Probiotic Weight Loss

“A staple whether I’m prepping for a competition or not.”

* Ab Igniter Black

“The mood support and time-released caffeine has been my savior.”

* TSN Whey Protein in Vanilla Cream

“This is always in my pantry. Blended up nice and thick, it reminds me so much of homemade ice cream ... yum!”





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Lindsey Waters
IFBB Bikini Pro

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The habit of eating clean



Put a handful of ingredients together in a new recipe and you have instant success because everyone loves new twists on clean fare. But how do you develop the habit of eating clean? **By Tosca Reno**

➔ You have whipped up many clean recipes using the good habits you've developed. For starters, you know eating clean means you are not a breakfast skipper. In good humor, you trudge to the kitchen every morning, starting with four glasses of water followed by a clean breakfast. For me, that might mean a heap of steamed spinach decorated with two gorgeous sunny side up eggs. Others nosh on hot oats or yogurt, a smoothie and more.

Start your day right!

Research substantiates the claim. According to Leah E. Cahill, Ph.D., study lead author and postdoctoral research fellow in the Department of Nutrition at Harvard School of Public Health in Boston, skipping breakfast may lead to one or more risk factors, including obesity, high blood pressure, high cholesterol and diabetes, which may in turn lead to a heart attack over time. Do you need any more reasons?

After letting the water do its work — hydration is just one task, while aiding in elimination is another — you are deep into planning the workout about to take place. How about an intense cardio

session followed by circuited weight training? Why not take yourself outdoors for a run or a few runs down a nearby ski hill? Whatever you choose, exercise as part of your daily self-care efforts must take a starring role as science now reveals the undeniable benefits of getting — and staying — active. Would it inspire you to spend 15 more minutes on the treadmill if you knew that 30 minutes of exercise promotes feel-good brain factors to be unleashed, that your brain blood volume increases, and that it's easier to manage your emotions and to learn? I thought so.

Pack it in, postworkout!

After wiping the sweat from your brow and examining your emerging six-pack, you begin to think about postworkout nutrition as the second in a series of six smaller meals advocated in the eat-clean lifestyle. Combining protein, complex carbs and good quality fats into each of these meals means you miss no chance to optimize your nutritional load for the day while also maintaining steady blood-sugar levels. You may not care about this science talk, but if you have ever experienced that afternoon slump or

midmorning clammy, irritable, low blood-sugar crash, you might want to listen up. And by eating nutrient-dense, whole, clean foods, you are answering the body's call for nutrients most effectively in the way a bag of potato chips cannot.

Ditching sugar is a key element of eating clean. It's the habit that's hardest to break because we have been saturated in this crystalline white ingredient for 400 years, yet if we can learn to identify it and avoid it, dropping sugar yields the greatest positive benefits to health, waistlines, emotional and mental wellness, and energy levels. Blowing off sugar is the first thing I ask clients to do when they embrace an eat-clean lifestyle. It was where I began my own health renovation all those years ago.

In short, eating clean is as easy or as hard as you make it, but creating the habit of following one or all the components will bring you closer to feeling like a whole new you, ready to take on the world.

Remember, I'm always listening.

Tosca Reno

By eating nutrient-dense, whole, clean foods, you are answering the body's call for nutrients most effectively in the way a bag of potato chips cannot.

CLEAN, GREEN VEGGIE ROLLS [BY TOSCA RENO]

MAKES 16 ROLLS

Ingredients

- 2½ cups julienned assorted root vegetables — carrots, beets, snap peas, bean sprouts (your choice)
- ¾ cup fresh coriander (remove tough stems), coarsely chopped
- 2 tablespoons each tahini and rice
- wine vinegar
- salt and pepper, to taste
- 8 pieces rice paper
- 1 head Romaine lettuce, chopped
- ½ avocado, sliced

Method

1. Combine all raw vegetables in medium mixing bowl. Add chopped coriander, tahini and vinegar. Season with unrefined sea salt and fresh grated black pepper. Toss to coat and set aside.

2. Meanwhile, rehydrate rice-paper wraps in a bowl of lukewarm water until they become pliable. Place on clean, damp kitchen towel, in a single layer.

3. Place a handful of chopped Romaine in center of each rice paper. Top with spoonfuls of vegetable mixture and avocado slices. Fold bottom of rice paper about a quarter of the way up. Keep rolling and folding right and left sides in, keeping the roll as tight as possible. Cut in half on the diagonal and stand upright. Optional: Decorate with remaining fresh cilantro leaves and enoki mushrooms.

Nutrition facts (per serving of 2 rolls): calories 476, total fat 5 g, carbs 21 g, fiber 6 g, protein 3 g



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#Eat Clean and #FitCommit with Tosca

Beating the odds

Houston resident Nichola Smiles refused to become a statistic. **By Lara McGlashan, CPT, Fitness Editor**

FACTS

Name:
Nichola Smiles

Hometown:
Houston

Age: 32

Height: 5'1"

Old weight:
180 lb

Occupation:
Civil engineer

Favorite snack:
Rice cake with
peanut butter

CURRENT WEIGHT
125 lb

➔ Nearly 1 million teens have babies every year, and of these, almost 7 out of 10 will drop out before completing high school. Furthermore, less than 2 percent of teen moms go on to get a college degree, and 80 percent of women who have babies as teenagers spend at least part of their life dependent on welfare.

"I didn't want to become a teen statistic," declares Nichola Smiles, who had her son Joshua (now 15) as a sophomore in high school. "I persevered, finished school, went off to college and graduated with a civil engineering degree. Then I landed a position at a top engineering firm."

She absolutely beat the odds, but through her journey, Smiles let her health go by the wayside. Though she ran track in high school, she became inactive as an adult, and with work, school and her son, the last thing Smiles was concerned about was her diet. As long as it was fast and cheap, she ate it.

"My 'aha' moment was in January 2008, when I saw a photo of myself at my friend's wedding," she says. "You'd think that weighing 180 pounds and buying a size 16 dress for that wedding would

be a big clue that my body was not healthy, but I didn't see it until the photos came out. I couldn't recognize myself. I knew it was time to set a goal to change my life forever."

Soon after seeing an infomercial, Smiles was motivated to stand up and follow along with the commercial. "Mind you, it was a total of five minutes, and the next morning I was unbelievably sore!" she says. "But I ordered my DVD set, and as soon as it arrived, I did it every day."

In addition to the DVDs, Smiles also joined a gym and did group fitness classes where she made new friends who helped motivate her to stay on track. Slowly, she moved into the weight room, as well, and began to get stronger. She also overhauled her nutrition and replaced her fast convenience foods with whole, healthful options. "Most people assume that health nuts eat salad all day," she says. "But I eat real food — salmon, chicken, rice, sweet potatoes, peanut butter, yogurt — but in small portions. My relationship with food has completely changed, and I now value food as fuel."

Six years later, the size 16 wallflower became a size 2 firecracker and is proud to provide a healthy example for her son to follow. "It's funny, looking back I would not change a thing," she says. "I should have made the effort to eat better and exercise more, but my poor health choices taught me that when you know better, you do better. I am now able to set an example for my family, friends and others, and I am grateful for understanding the struggle of balancing life issues and my weight woes." ●



"I am now able to set an example for my family, friends and others!"

AFTER PHOTO BY GRANT FOTO



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A new life

FACTS

Name:
Emily Meyer

Hometown:
Sarasota, Florida

Age: 21

Height: 5'7"

Old weight:
250 lb

Occupation:
Personal trainer

Fave clean meal:
Whole-wheat protein pancakes

CURRENT WEIGHT
165 lb

As a teenager, Emily Meyer tackled obesity and, 100 pounds lighter, has won the battle. **By Lara McGlashan, CPT, Fitness Editor**

➔ Adolescence is painful, but it can be even more so if you don't fit into any social groups — or any clothing off the rack. "When I was 15, I needed a dress for my birthday and no stores sold any in my size," remembers Emily Meyer, who at that time was 250 pounds. "I would also see my friends on the beach in bikinis and in cute clothes that I could never fit into. It was depressing."

Meyer was always heavy, and in sixth grade, she was already 145 pounds. "I was an emotional eater, and the eating helped me cope with being insecure — it was instant gratification," she says. "My biggest issue was eating until I was way past being full. I would have pizza, cookies and sports drinks at school, which made me feel sluggish and terrible about myself. So to make myself feel bet-

ter, I would have a milkshake and a burger after school." And so the cycle continued.

Tired of feeling left out and physically exhausted from her poor diet, Meyer began considering changing her lifestyle. Then she saw an episode of *The Biggest Loser* on television, and that did it. "I figured if those people could do it, I could, too," she says.

She joined the YMCA and began going three days a week. "When I first joined, I was intimidated, but I chose not to care what people thought of me," Meyer says. "My dream was stronger than my fears, and I said 'screw 'em' if they have a problem." She started doing 30 minutes of cardio to boost her endurance and began using machines to tame her trouble spots in a circuit format.

Then she went to a nutritionist to learn about healthy eating, formed a meal plan that centered on protein and high-quality foods, and began eating five times a day. "The hardest thing was going to social events and seeing other kids eating whatever they wanted," she admits. "I would tell myself, 'You are not them, you are you,' and moved along."

Meyer also set small weekly goals to stay motivated and did her best to remain positive. "I knew where I wanted to go and I never bashed myself," she says. "I knew I wasn't the person on the outside that I felt I was on the inside, and I was determined to be the new me."

With that can-do attitude and new knowledge, Meyer dropped 100 pounds in a year. In 2011, she joined the track team and ran long distance. "When I first started working out, I couldn't even run a quarter mile," she says. "By the next year, I was running 25 miles a week, on average."

Now 21, Meyer continues to live a healthy, *Oxygen* lifestyle and might even do a fitness competition. "Looking back, it is amazing to see how much I have accomplished," she says. "My advice is to never ever give up. Reach out to people when you need help and always keep the faith. My heart goes out to young girls who struggle with obesity, and I want to use my story to inspire and encourage them." ●



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PHOTO BY EVA SIMON

STATS: 29 • 135 LB • 5'7"



PHOTO BY AUDRA ODEN

STATS: 24 • 130 LB • 5'3"

● **HEALTHY CHANGE:** As a child, Megan Ronning played soccer and basketball for more than 10 years, but after college, she got a high-stress corporate job and stopped focusing on fitness. After five years, she decided to make a lifestyle change by switching jobs and joining a gym. Now she can be found training most days of the week, lifting weights, doing sprints or taking a group fitness class.

● **PLANNING QUEEN:** Ronning sits down each weekend and maps out the week ahead. "I plan out all my weekly commitments, including my workouts," she says. She trains after work and considers it her "me" time. "I love having something to look forward to at the end of the day," she says. She describes shoulders as her favorite bodypart to train: "The shoulder cap is such a symbol of strength!" Her nutrition plan is flexible, she explains, which allows her to enjoy her favorite foods in moderation.

● **THINKING POSITIVE:** Instead of describing any bodypart as her least favorite, Ronning focuses on the positive. "I've learned not to think negative thoughts about certain parts of my body," she says. "Everyone's body is different, and I have embraced my weak points, pushing me to research and turn them into my strong points!" Her upbeat attitude also carries her through when she's struggling in the gym. "I like to remind myself how excited I get when I can finally put an extra plate on the squat rack," Ronning says.

● **RUNNING START:** Elizabeth James started with her school's track team when she was in eighth grade, which set her on a lifelong athletic path. She credits her brother David James with teaching her about training and nutrition, and after she saw IFBB Figure pro Courtney West on a magazine cover, she began dreaming of competing in fitness. James eventually met West, who has become her role model. "She taught me what I needed as a coach and nurtured this desire I always felt to be great at something," James says.

● **THE NEXT LEVEL:** "Even though I'm a sprinter at heart, I have to say challenging myself in the weight room has taken me to another level physically and mentally," James explains. She still enjoys running but no longer has the track-team mentality. "Running is more of an escape for me and helps me unwind," she says. Her favorite weight moves are the barbell hip thrust ("it hits the glutes and hamstrings while working core stability") and the bent-over rear-delt flye ("it was so hard for me to build perfectly capped rear delts, and this was the one that whipped them into shape").

● **BOUNCING BACK:** James began competing in figure in 2012, but then she was injured in a car accident and had to build her way back. She says these words of advice from her mother helped her persevere: "In all that you do, go boldly with confidence."

MEGAN RONNING

Minneapolis

Gig: Retail Brand Manager

ELIZABETH JAMES

Missouri City, Texas

Gig: Personal Trainer



Think you have the fit factor?

Meet 4 women who've got the fit factor

By Maura Weber

PHOTO BY EDDIE AVILA



STATS: 40 • 110 LB • 5'3"

● **JUMP-START:** Keema Lenderman was a tri-state gymnastics champion at the start of her fitness journey and then had five children (three girls and two boys). Now this elementary school teacher is inspired to train to be her best and show others what a 40-year-old can do. "Fitness and body image aren't dictated by age or number of children but by mentality and drive," she says.

● **LOVES THE BURN:** Lenderman says cardio isn't her thing. "I love feeling the burn when doing weights, and seeing all the looks from the big bodybuilders is priceless. They don't expect this tiny little thing to lift weights beside them!" She's able to hit the gym every day after school, mixing up her schedule with BodyPump, one or two days with a trainer, and several workouts focused on fine-tuning her legs and glutes. And she enjoys targeting her impressive abs with planks. "There are so many benefits to planks, and varying the moves can give an all-over workout," she explains.

● **FAMILY FITNESS:** "I love working out with my husband, Jason," Lenderman says. "He used to be a trainer, so he provides me with valuable recommendations." She also enjoys the fact that her commitment to a healthy lifestyle is rubbing off on her children. "Establishing healthy eating patterns for my little ones is rewarding in and of itself," she says. "No matter where my adventure takes me, at least I know I'm setting a good example."



KEEMA LENDERMAN

Las Vegas

Gig: Second-Grade Teacher

PHOTO BY JAMES PATRICK



STATS: 29 • 140 LB • 5'4"

● **LIONESS SPIRIT:** Kayla Dee isn't afraid of being hard core, whether it's heavy-duty training or eating. She says her favorite exercise is pull-ups and her favorite food is any kind of red meat. "I swear I was a lioness in my previous life," she says. Dee prefers heavy lifting over cardio and has learned to ignore the voices that say she shouldn't compete. "No one can hold you back. Only you can do that," she says. "So if it's important to you, make sure you realize you're worth it and believe it wholeheartedly."

● **LEARNING VS. DOING:** Dee earned a degree in exercise physiology but struggled with self-image. "Learning about the science of a healthy life and actually living it were two very different things for me," she says. "I lived a destructive lifestyle until I realized what my own worth was." In 2012, she turned her habits around and started competing in figure. "I do this sport to continually prove to myself that I'm worth it," she explains. She's grateful to her family and friends for their support. "They may not know why I do it, but they have always given me encouragement."

● **BIG BREAK:** In January 2014, Dee suffered a broken leg that required surgery. "It has been a long road to recovery," she says. "It has taught me patience." Now she dedicates extra training attention to her legs and glutes. "My glutes/hamstrings have some catching up to do, but I always enjoy a challenge," she says.



KAYLA DEE

St. Louis Park, Minnesota

Gig: Personal Trainer/Prep Coach

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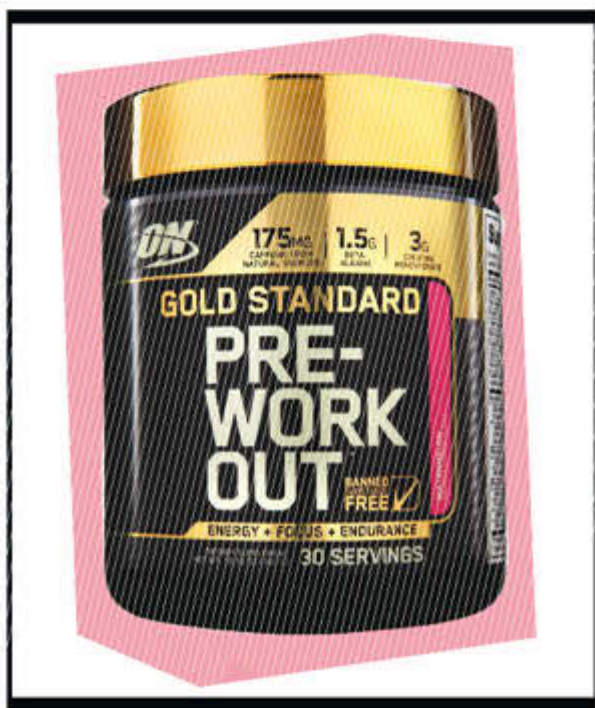


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Go for the gold

Optimum Nutrition's preworkout product gives you four ways to enhance your performance and physique goals. **By Adam Gonzalez**



➔ Many preworkout supplements provide images of men bulked with muscles to the max, and that may discourage many women from taking these products — and ingredients — believing the hype that they'll encourage the addition of 10 or 20 pounds of weight gain, quality or otherwise. But many of these stand-alone ingredients provide the results that a woman is seeking, helping you streamline your physique, train with more intensity and perform better on your “go” day. Optimum Nutrition's Gold Standard Pre-Workout contains multiple supplemental ingredients and was formulated to help every woman achieve her performance and physique goals.

Here are four things you should consider when you're choosing a preworkout booster.

● Look for a product that supports ATP production.

When your muscles are able to produce more adenosine triphosphate, they're able to work harder and last longer, helping you crank out more reps and lift more weight. Creatine monohydrate contributes phosphate, which helps drive this chemical cycle at the level of muscle cells, allowing for greater endurance during weight-training sets and similar anaerobic activity. Many women do not take creatine because it causes water retention for some,

but that effect is temporary. On the other hand, the performance boosts that creatine provides support long-term gains in lean muscle tissue and performance. Gold Standard Pre-Workout contains creatine monohydrate, astragalus and Panax ginseng in its Muscle Matrix to support ATP production and better results.

● Take amino acids that enhance performance.

Citrulline is an amino acid that increases production of nitric oxide, a small gas molecule that helps relax blood vessels, allowing more blood, oxygen and nutrients to flow through, reaching your working muscle tissue. Supplementing beta-alanine, also an amino, helps improve muscular strength by increasing your levels of carnosine, which helps reduce acidity in your working muscles. This improves strength, allowing you to lift more, ultimately improving performance and lean muscle tissue. In addition, research shows that taking beta-alanine with creatine provides greater benefits than supplementing either alone. Gold Standard Pre-Workout delivers an effective dose of both, in addition to citrulline for immediate and long-term benefits.

● Use supplements that improve your workout focus.

Tyrosine is a naturally occurring amino acid that is known for supporting production of neurotransmitters (brain chemicals), including norepinephrine, dopamine and epinephrine. The net effect of supplementing tyrosine is improved focus, mood and energy. Carnitine is another amino acid, and it's been shown to help burn body fat. In addition, carnitine improves workouts because it provides an additional fuel source that improves gains and supports recovery. Gold Standard Pre-Workout contains both these aminos, among other ingredients in its energy and focus complex, helping you stay in the present to train harder.

● Take caffeine for its multiple advantages.

Almost everyone understands the energy-boosting benefits of caffeine, but here's the secret those who sell coffee won't tell you: Caffeine is most effective if you take the anhydrous (dry) supplemental form and when you don't take in caffeine at other times of day. The trade-off is dynamic: It increases your strength, blunts your pain during workouts, and helps pull fat from storage that you can then use as energy while you train. Gold Standard Pre-Workout supplies 175 milligrams of anhydrous caffeine in every one-scoop dose. This caffeine is derived from natural sources, including tea and coffee beans.

● You're golden.

Each one-scoop serving of Gold Standard Pre-Workout contains all the specific supplements mentioned in this article, including creatine, beta-alanine, citrulline, tyrosine, carnitine and caffeine. Mix a scoop of the product with 6 to 8 ounces of water, and consume it about 20 to 30 minutes before your workouts. ●

product talk



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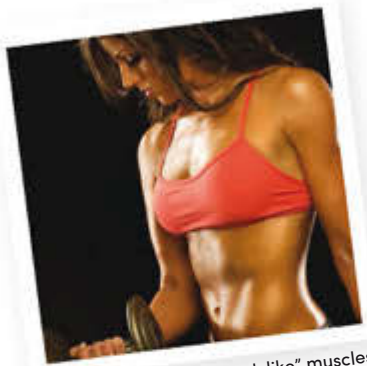
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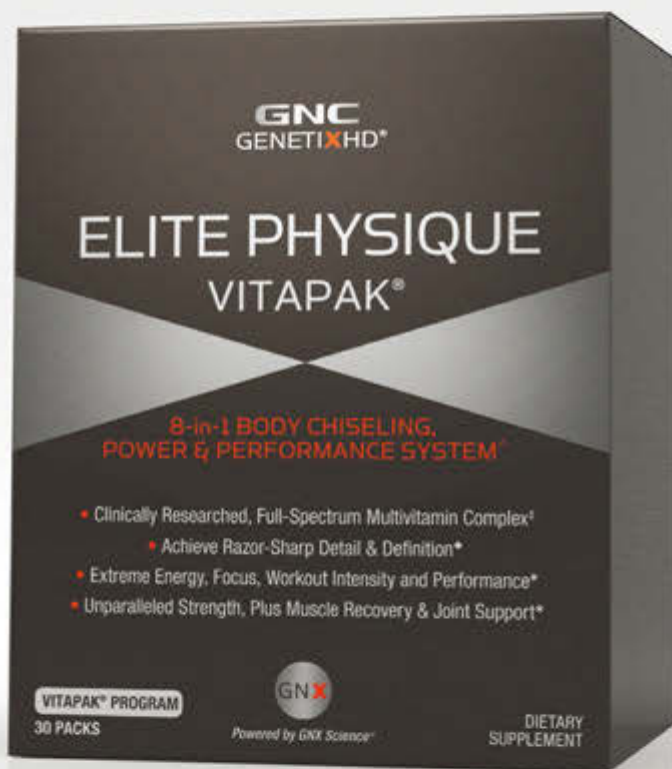
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